EVERY DAY IS EPIC

A GUIDED JOURNAL FOR DAYDREAMS, CREATIVE RANTS & BRIGHT IDEAS

MARY KATE McDEVITT

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THIS BOOK BELONGS TO:

____

STARTING DATE: ______________________

END DATE: ______________________

IMPORTANT DATES:

____

____

____

EVERY DAY IS EPIC

A GUIDED JOURNAL FOR
DAYDREAMS, CREATIVE RANTS & BRIGHT IDEAS

MARY KATE McDEVITT

WORKMAN PUBLISHING • NEW YORK

FOR *my* SISTER, JANE, *who* CAN TURN ANYTHING INTO *an* EPIC STORY.

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INTRODUCTION

You may sometimes feel that if you aren't skydiving, cliff-jumping, or living the life of an action-movie stuntperson, your day somehow isn't measuring up. But every day has the potential to be epic (even the days spent doing laundry, or grocery shopping, or binge-watching a new show)—it just comes down to how you frame it. This journal celebrates embracing everyday events—from the mundane to the magnificent—that all add up to something incredibly awesome. Retrace your steps to help tell the day's story. What's something you heard? Who did you see? What did you daydream about? Did you discover a new favorite karaoke jam? The smallest detail can be the thing that totally makes your day, and these pages invite you to find it. And if all you can muster is adding a smile or a frown to record your current mood on a given day, go with it.

The pages are undated (you can fill in dates in the upper corners!), so you can start on any page and at any time—New Year's Day, your birthday, the first day after a big move or milestone, or . . . TODAY!

Date: 4/26

GENERAL NOTES

- TRIED the NEW CAFE
- MOVED to NEW STUDIO
- MET a BABY named FRITZ
- TRASH-PICKED a PLANT
- BOOKED SUMMER VACAY
- BOUGHT 2 NEW BOOKS
- RESEARCHED DESSERT RECIPES for PICNICS

IN HINDSIGHT...

- SHOULD'VE ORGANIZED the MOVE BETTER
- FOUND A DOG SITTER FIRST
- WOKEN UP EARLIER
- PACKED MORE SNACKS

ALL in ALL, A PRETTY EPIC DAY!

Date: ______

EPIC METER

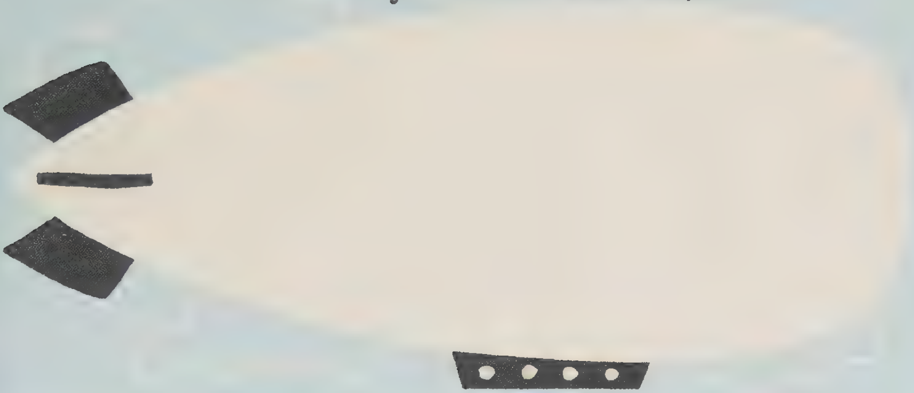
GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

RETRACE your STEPS

your message here



IRON OUT the DETAILS

WORK OUT the KINKS

Date: ________

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date:

EPIC

METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

MAJOR GROWTH

SEEDLINGS

UP FOR A CELEBRATORY HAND GESTURE (CIRCLE ONE)

High 5

Low 5

Too Slow

SHED LIGHT ON the SITUATION

EPIC RANT

What is going on with...

Date:

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC

METER

TODAY'S TAKEAWAY

Date: ____________

EPIC

METER

Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

The ULTIMATE DECISION

PROS	CONS

WHAT'S THE VERDICT?

SATISFIED WITH THE OUTCOME? YES or NO

RECORD A
VICTORY

you accomplished enough today!

TODAY WERE YOU SWITCHED ON or OFF?

TAKE a CLOSER LOOK

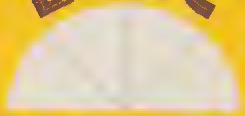
HOW DIFFICULT WAS IT TO GET FROM POINT (A) to POINT (B) TODAY?

A

B

Date: ______

EPIC



METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

HOW FAR DID YOU GET CONQUERING THE DAY?

YAY!

NEARLY THERE...

STARTING is HALF the BATTLE.

TODAY'S CHECKLIST

- ○ GOT STUFF DONE
- ○ LAUGHED
- ○ WAS HELPFUL
- ○ ATE SOMETHING
- ○ HAD FUN

The KEY to TODAY'S SUCCESS

BRIGHT IDEAS

Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ______

EPIC

METER

SNAP DECISION maker

#1 #2 #3

NOPE YASS! NAH

Date: ______

EPIC

METER

WHERE DID YOU GO?

WHO DID YOU SEE?

WHAT DO YOU KNOW?

what's the SCOOP?

LET IT SIMMER HERE...

Date: ________

EPIC

METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

WHAT WOULD YOU STITCH ON YOUR JEAN JACKET?

FREE WISH

Hear ye, Hear ye!

IMPORTANT ANNOUNCEMENT!

REQUEST FORM

OFFICIAL DO-OVER REQUEST

REASON:

Date:

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC METER

____

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BUDDING IDEAS

Date: ____________

EPIC METER

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____

EXPRESS TICKET

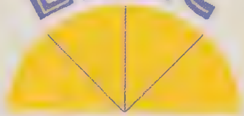
To: ______________________________

____

A GOOD TIME to Reflect

Date: ____________

EPIC



METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

Date: ________

EPIC

METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

CURRENT MOOD

HOW DID TODAY MEASURE UP?

TODAY

YESTERDAY

PRO TIP:

Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

EPIC RANT

HOW IS IT POSSIBLE...

Rant Over.

ON SECOND THOUGHT...

CURRENT DAYDREAMS

IT HAS BEEN

DAYS SINCE THE LAST HAPPY ACCIDENT.

IT'S in the BAG!

CURRENT OBSESSION

Date: ______

EPIC METER

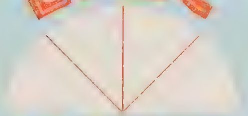
GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ______

EPIC



METER

GENERAL NOTES

IN HINDSIGHT...

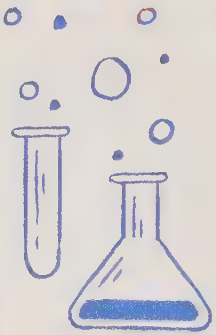
ALL in ALL,
A PRETTY
EPIC DAY!

CAUTION AHEAD

OVERHEAR *anything* INTERESTING TODAY?

INTERESTING OBSERVATION

GROUNDBREAKING DISCOVERY



FILL 'ER UP!

Date: ____

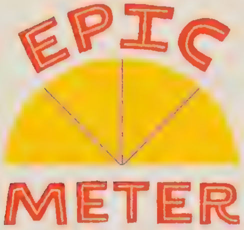
EPIC METER

ONE STEP at a TIME

Date: ____

EPIC METER

Date: ______



GENERAL NOTES

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

Once Upon Today

The End

Date: ______

TODAY'S HEADLINE

EPIC DAILY

EPIC METER

GENERAL NOTES

3 WISHES

IN HINDSIGHT...

FRIENDS you're ROOTING for

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

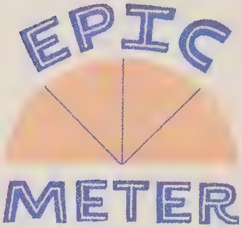
BIG PLANS

WRITE IT DOWN

BEFORE YOU FORGET

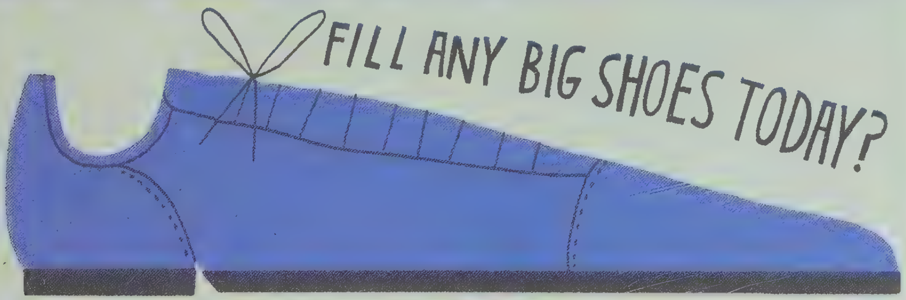
LEFTOVER PROBLEMS

Date: ____________



GENERAL NOTES

IN HINDSIGHT...



FILL ANY BIG SHOES TODAY?

OR SMELLY SOCKS?

OR COWBOY BOOTS?

OR BARE FEET?

ALL in ALL, A PRETTY EPIC DAY!

Date: ________

EPIC

METER

Date: ________

EPIC

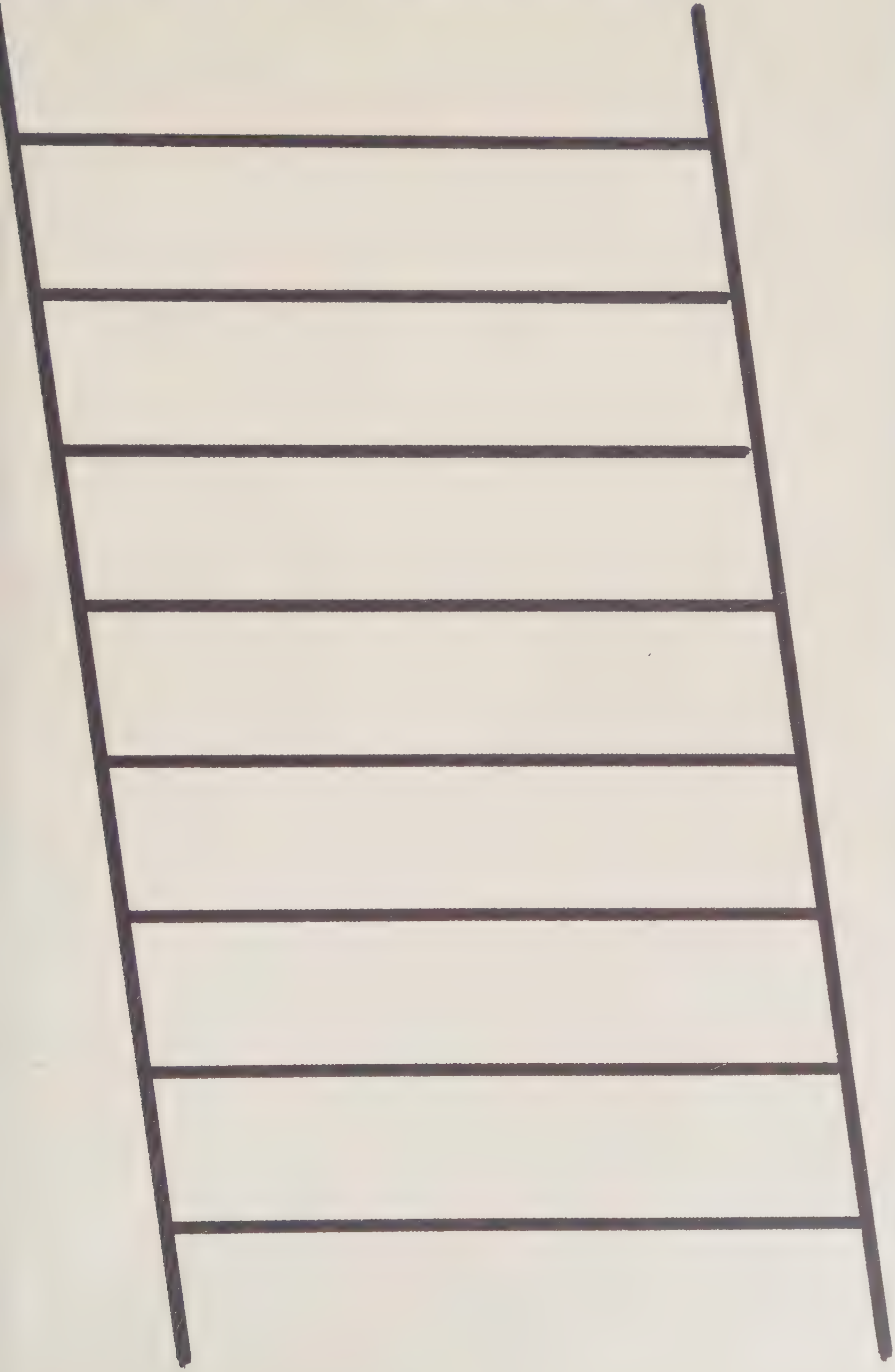
METER

HIGH NOTES

HARMONY

LOW NOTES

LADDER to SUCCESS



Date: ______

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ______

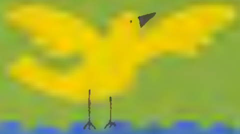
EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

SPECIAL REMINDER



UPON FURTHER INVESTIGATION

SUBJECT:

EXPLANATION

The RESULT

Could this day get any SWEETER?

Sugar

NEEDS ___ more SPOONFULS

Random Act of Kindness

CAUSES WORTH ROOTING FOR

Date: ___

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

EPIC RANT

REALLY?! REALLY.

RANT OVER.

SPECIAL KEEPSAKE

NAME THIS CAT

Date: ________

EPIC METER

GENERAL NOTES

TEMS THAT ARE STILL LOST

IN HINDSIGHT...

NOW THAT'S A REASON TO CELEBRATE!

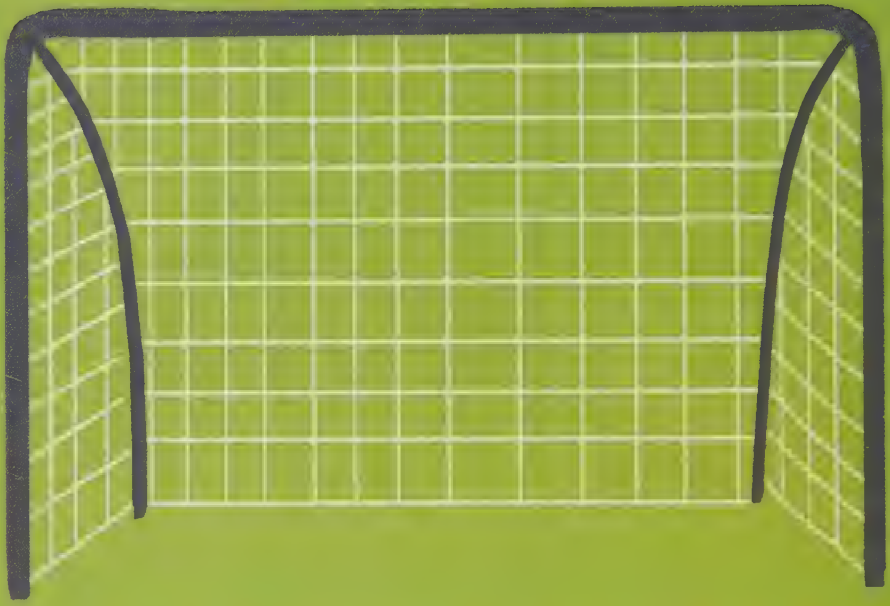
ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC

METER

GOALS



Date: ____________

EPIC

METER

TODAY'S ODDITIES

Let it SOAK in...

Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

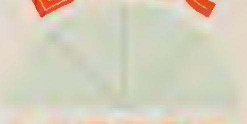
TODAY'S ACCOMPLISHMENTS

PROBLEM-REPAIR-SHOP QUEUE

Nothing is unfixable!

Date: ________

EPIC



METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

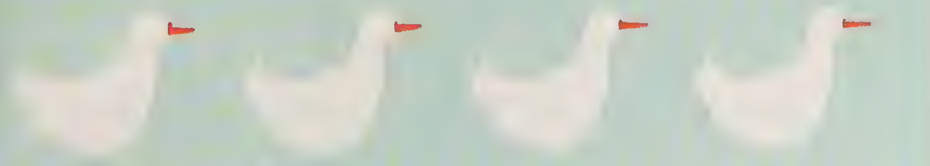
TRY to WALK in SOMEONE ELSE'S SHOES

Learn anything on the journey?

HOW did TODAY **START?**

HOW did TODAY **END?**

IS EVERYTHING ORGANIZED?



Date: ______

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

LIE AWAKE THINKING

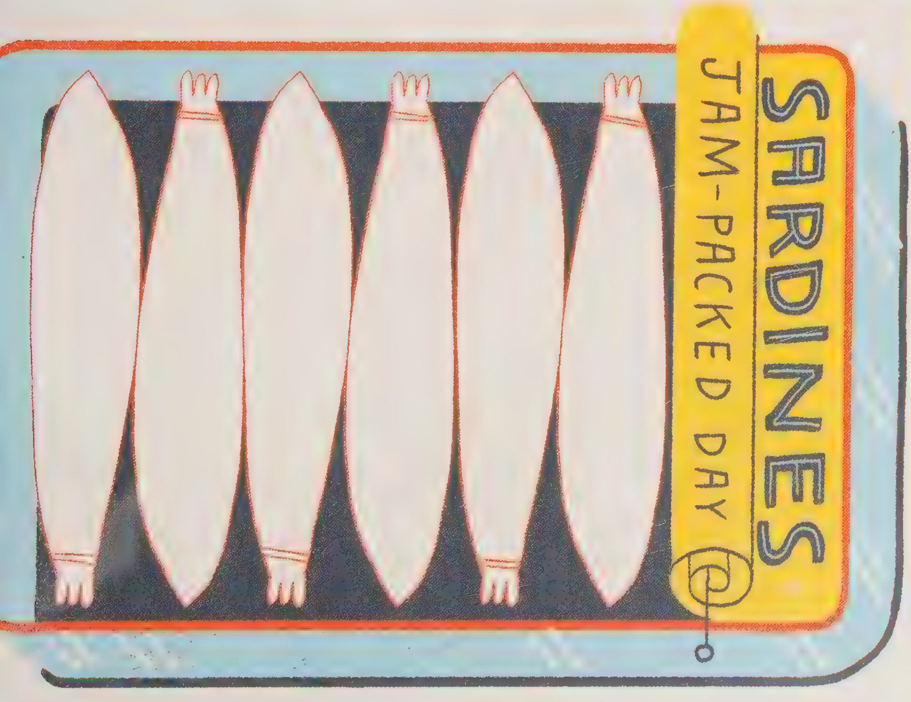
Fond Memory

TODAY'S LOG

COUNT YOUR LUCKY STARS

Date: ______

EPIC METER



Date: ______

EPIC METER

Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

PERFORMANCE RANKING

- ROOKIE
- NOVICE
- EXPERT
- VETERAN
- GRIZZLED

HATS OFF TO YOU

Today's Specials

YOUR 2¢

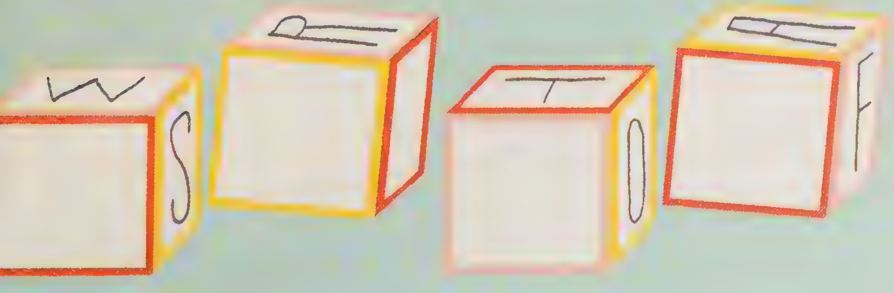
Greetings from... SUNNY · RAINY · BORING · EXPENSIVE

WHERE I LEARNED THAT...

EPIC RANT

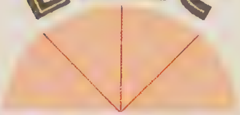
SING IT!

WORD OF THE DAY



Date: ______

EPIC



METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ______

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

BREAKING NEWS

BULLETIN BOARD

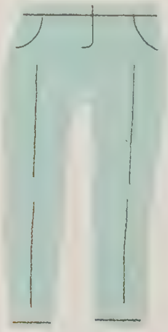
LOST

WANTED

FOUND

TODAY, SUMMED UP IN PANTS

STAINED SWEATPANTS



SENSIBLE SLACKS

★ Sexy leather pants ★

MESSAGE to the WORLD!

Date: ______

EPIC

METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ______

EPIC METER

GENERAL NOTES

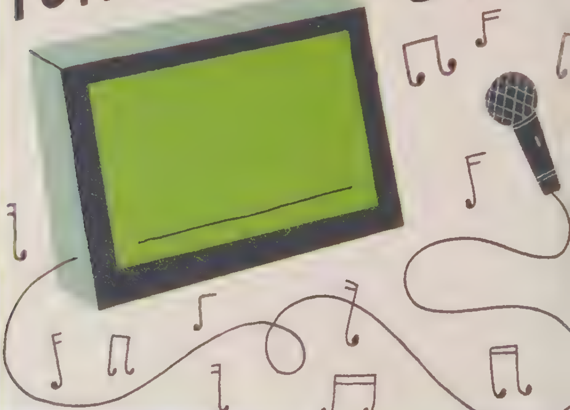
IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

MOOD FORECAST

WORLD'S BEST

CURRENT KARAOKE JAM



TOMORROW'S PREDICTION

WRITE THE FIRST THING THAT POPS INTO YOUR HEAD

Date: ________

EPIC METER

Date: ________

EPIC METER

Date: ______

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

VENT HERE

ACCOMPLISHMENTS

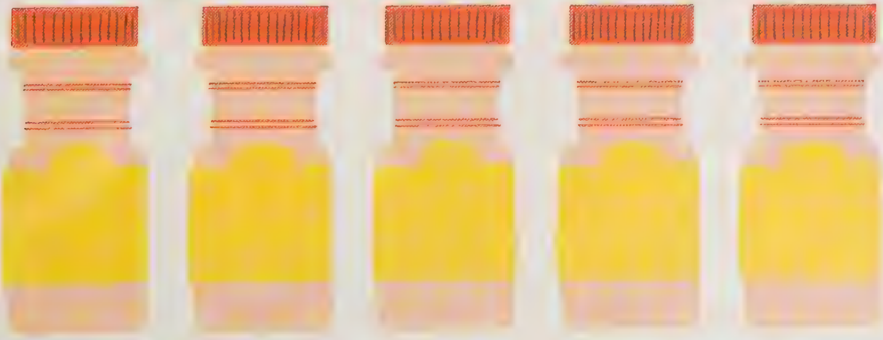
MAJOR	MINOR	MEH

HOW CLOSE TO THE TARGET WERE YOU TODAY?

EPIC RANT

EVERYONE SHOULD...

SPICE up THE DAY!



Date: ______

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ________

EPIC

METER

GENERAL NOTES

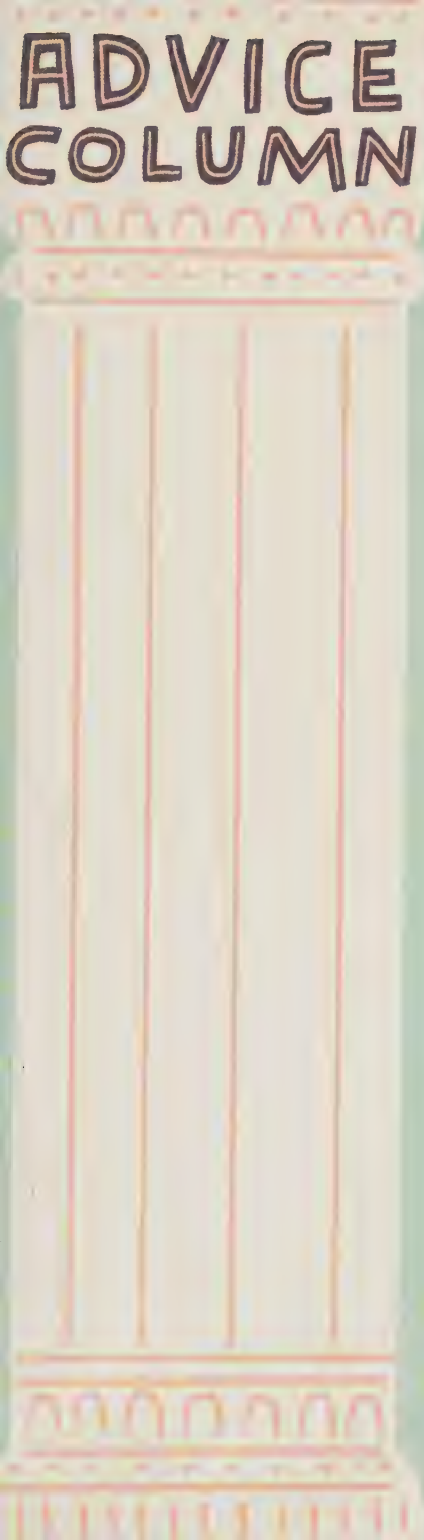
IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

EPIC RANT

Why do we STILL...

RANT OVER.



Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC METER

TODAY'S TAKEAWAY

Date: ____________

EPIC METER

TODAY'S

TOP 10

10

9

8

7

6

5

4

3

2

1

PRO TIP:

CURRENT OBSESSION

what are we "celebrating?"

Date: ______

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

RETRACE your STEPS

START

END

DA BOMB or

BOMBED IT?

CURRENT OBSESSION

BIG Announcement

WAS THE GLASS...

- HALF-FULL?
- HALF-EMPTY?
- OVERFLOWING?
- BONE-DRY?

Date: ________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

HIGH POINTS of the DAY vs. LOW POINTS

WHAT WILL GO DOWN IN HISTORY TODAY

THIS SUCKS

(BUT SOON IT WON'T)

CERTIFICATE OF TODAY'S ACCOMPLISHMENTS

Date: ______

EPIC METER

GENERAL NOTES

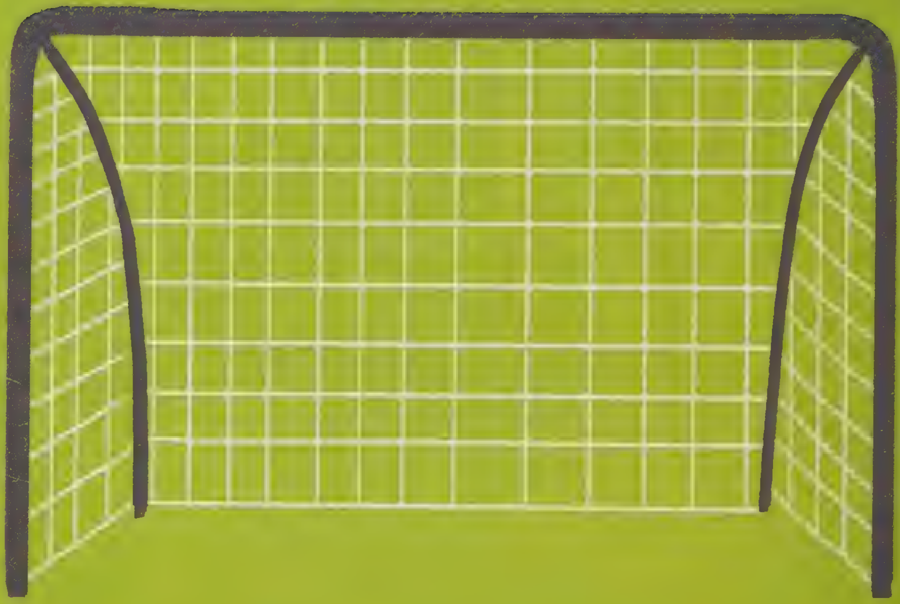
IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC METER

GOALS



TODAY'S ODDITIES

Date: ____________

EPIC METER

A NEW PERSPECTIVE

Date: ______

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

Date: ____________

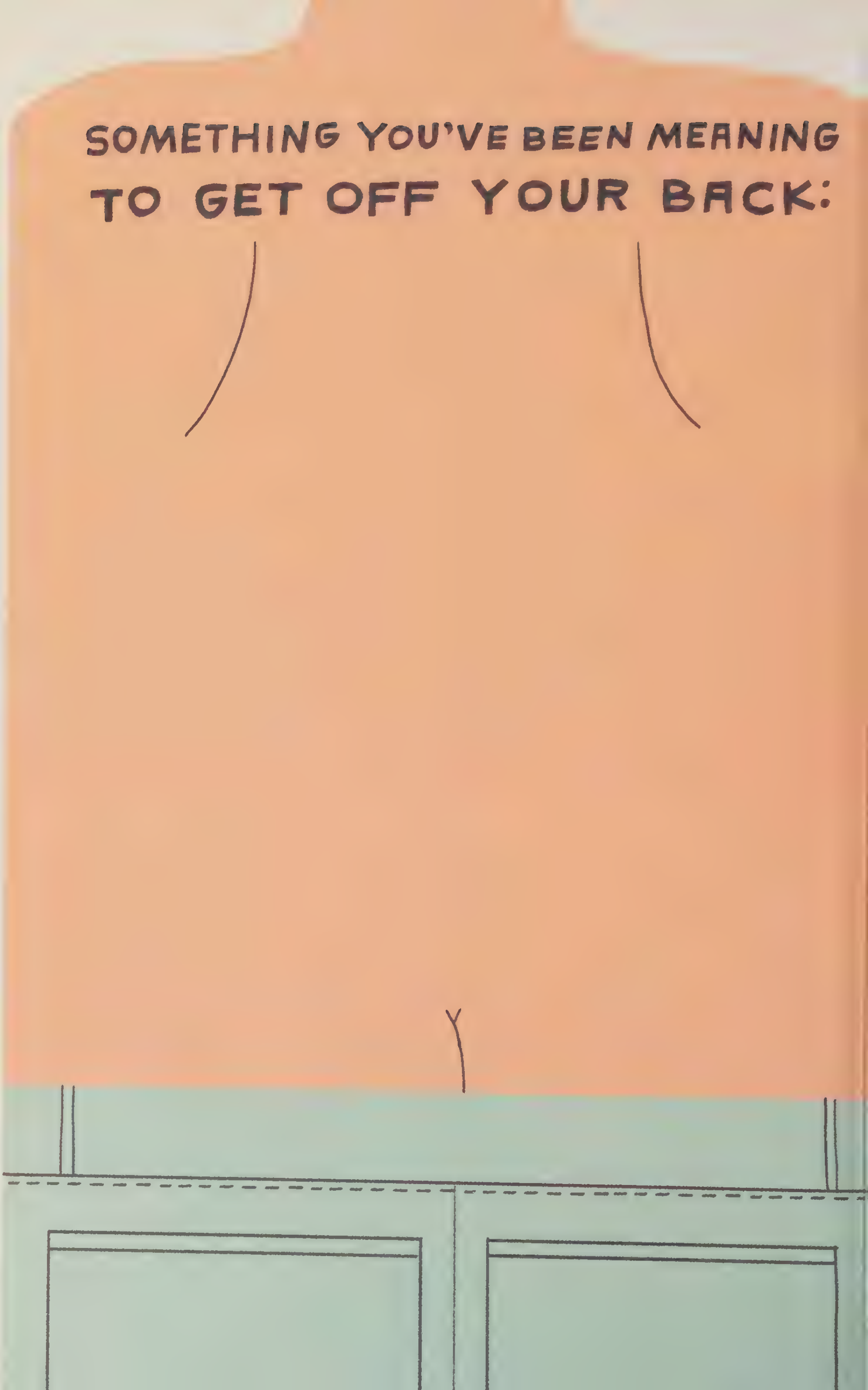
EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

SOMETHING YOU'VE BEEN MEANING TO GET OFF YOUR BACK:



Date: ____________

When life hands you LEMONS, turn them INTO...

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

TODAY COULD'VE USED AN AUTOMATED

01

Where WOULD you HEAD on the OPEN ROAD?

ALL in ALL, A PRETTY EPIC DAY!

Date: ______

EPIC

METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

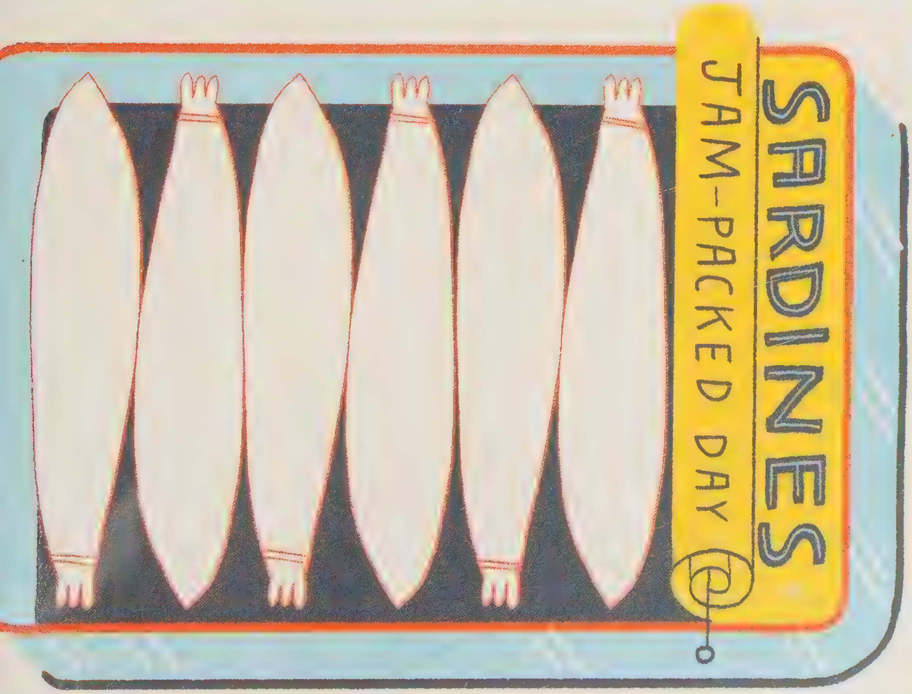
WISH LIST

SH*T LIST

WHEN THE PLANETS ALIGN

Date: ____________

EPIC METER



Date: ____________

EPIC METER

Date: ____________

EPIC

METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

JUST PUTTING THIS OUT THERE...

TODAY'S

TOP 10

10

9

8

7

6

5

4

3

2

1

PRO TIP:

CURRENT OBSESSION

what are we celebrating?

Date:

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ______

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

NOTEWORTHY NEWS

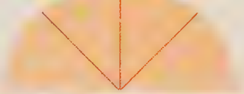
HEY! WHAT'S COOKIN'?

WELL-DONE	HALF-BAKED	OVERDONE

ONCE in a Blue Moon

Date: ______

EPIC



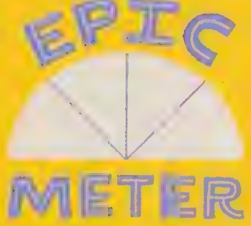
METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

Date: ____________



GENERAL NOTES

IN HINDSIGHT...

ALL *in* ALL,
A PRETTY
EPIC DAY!

FUTURE BUSINESSES

WHAT **HOOPS** DID YOU HAVE TO JUMP THROUGH TODAY?

BUDDING IDEAS

Date: ____________

EPIC METER

EXPRESS TICKET

To:

Date: ____________

EPIC METER

Date: ______

EPIC

METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

WALL of FAME

WALL of SHAME

DEEP THOUGHTS

Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

Date: ____________

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

STEPPING STONES

BUILDING BLOCKS

LOOKING FORWARD TO...

OFFICIA
COUNTDOW

(YOUR MESSAGE HERE)

ORGANIZE YOUR THOUGHTS

Date: ______

EPIC

METER

GENERAL NOTES

______
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IN HINDSIGHT...

______
______
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______
______
______
______

ALL in ALL,
A PRETTY
EPIC DAY!

Date: ________

EPIC

METER

SNAP DECISION maker

#1 #2 #3

NOPE YASS! NAH

Date: ________

EPIC

METER

←

WHERE DID YOU GO?

WHO DID YOU SEE?

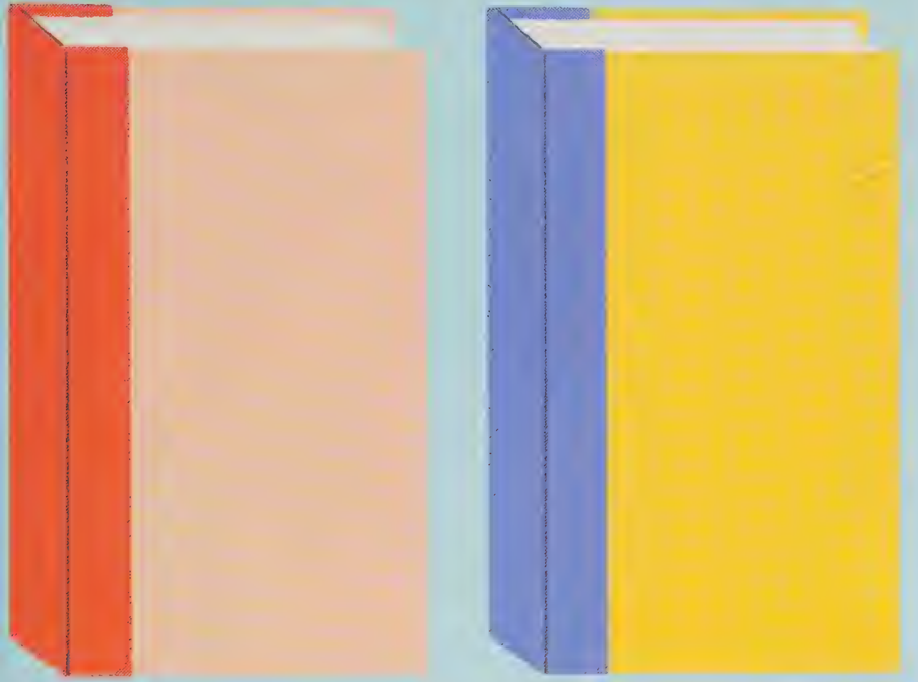
↑

↓

WHAT DO YOU KNOW?

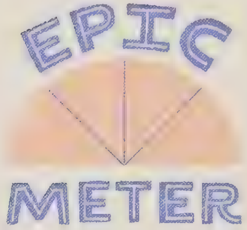
THE TITLE of TODAY'S BOOK

THE TITLE of YESTERDAY'S BOOK



WHICH TOOL WILL REPAIR TODAY? (CIRCLE ONE)

Date: ____



GENERAL NOTES

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Recipe for SUCCESS

Recipe for DISASTER

With a DASH of

and a PINCH of

ADD a TOUCH of

and TOP with

AIR YOUR GRIEVANCES

Date: ____

LIFE REPORT CARD

A-DOING GREAT B-NOT BAD C-NEEDS IMPROVEMENT D-THAT DIDN'T GO WELL F-UGHH!!

SUBJECT	GRADE

Extra Credit

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC

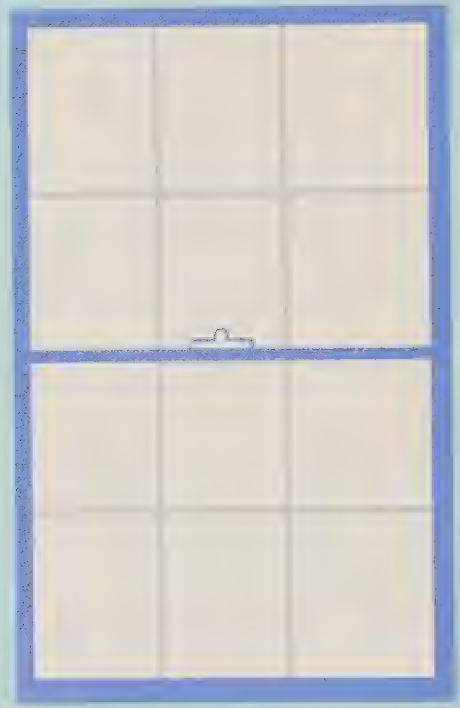
METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

WINDOWS OF OPPORTUNITY



IT WAS THE BEST OF TIMES	IT WAS THE WORST OF TIMES

Date: ______

GOOD EGGS

BAD APPLES

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC METER

Date: ____________

EPIC METER

HIGH NOTES

HARMONY

LOW NOTES

Let it SOAK in...

Date

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

RETRACE your STEPS

your message here

Date: ______

EPIC

METER

GENERAL NOTES

IRON OUT the DETAILS

WORK OUT the KINKS

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

Date: ______

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

MAJOR GROWTH

SEEDLINGS

UP FOR A CELEBRATORY HAND GESTURE? (CIRCLE ONE)

High 5

Low 5

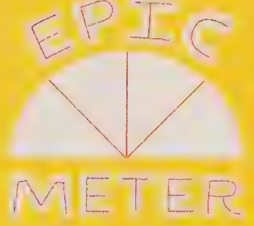
Too Slow

SHED LIGHT ON the SITUATION

EPIC RANT

What is going on with...

Date: ______



GENERAL NOTES

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

Date: ______

EPIC METER

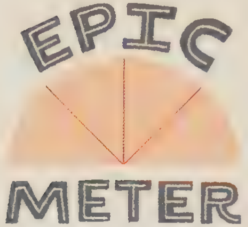
Date: ______

EPIC METER

TODAY'S TAKEAWAY

Today's Lesson

Date: ______



GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ______

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

The ULTIMATE DECISION

PROS	CONS

WHAT'S THE VERDICT?

SATISFIED WITH THE OUTCOME? YES OR N

RECORD A VICTORY

ou accomplished enough today!

TODAY WERE YOU SWITCHED ON or OFF?

TAKE a CLOSER LOOK

HOW DIFFICULT WAS IT TO GET FROM POINT (A) to POINT (B) TODAY?

A

B

Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

HOW FAR DID YOU GET CONQUERING THE DAY?

YAY!

NEARLY THERE...

STARTING is HALF the BATTLE

TODAY'S CHECKLIST

- GOT STUFF DONE
- LAUGHED
- WAS HELPFUL
- ATE SOMETHING
- HAD FUN

The KEY to TODAY'S SUCCESS

BRIGHT IDEAS

Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC METER

SNAP DECISION maker

Date: ____________

EPIC METER

←

WHERE DID YOU GO?

WHO DID YOU SEE?

↑

WHAT DO YOU KNOW?

What's the SCOOP?

LET IT SIMMER HERE...

Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

WHAT WOULD YOU STITCH ON YOUR JEAN JACKET?

FREE WISH

Date: ____

IMPORTANT ANNOUNCEMENT!

REQUEST FORM

OFFICIAL DO-OVER REQUEST

REASON:

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date:

EPIC METER

BUDDING IDEAS

Date:

EPIC METER

EXPRESS TICKET

To:

A GOOD TIME to Reflect

Date: ________

EPIC METER

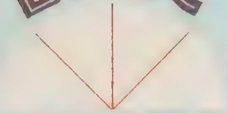
GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC METER



GENERAL NOTES

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IN HINDSIGHT...

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ALL in ALL, A PRETTY EPIC DAY!

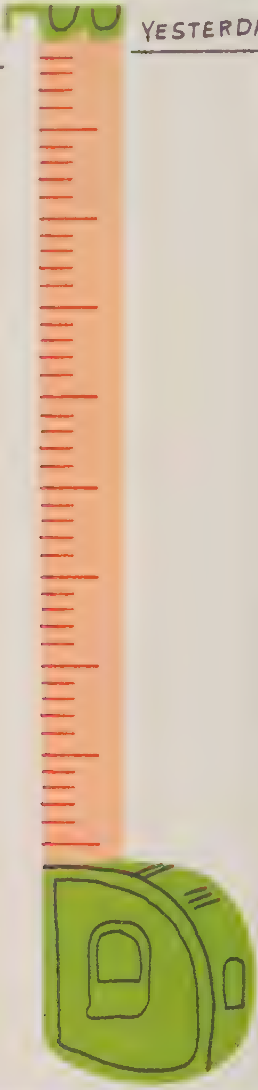
CURRENT MOOD

HOW DID TODAY

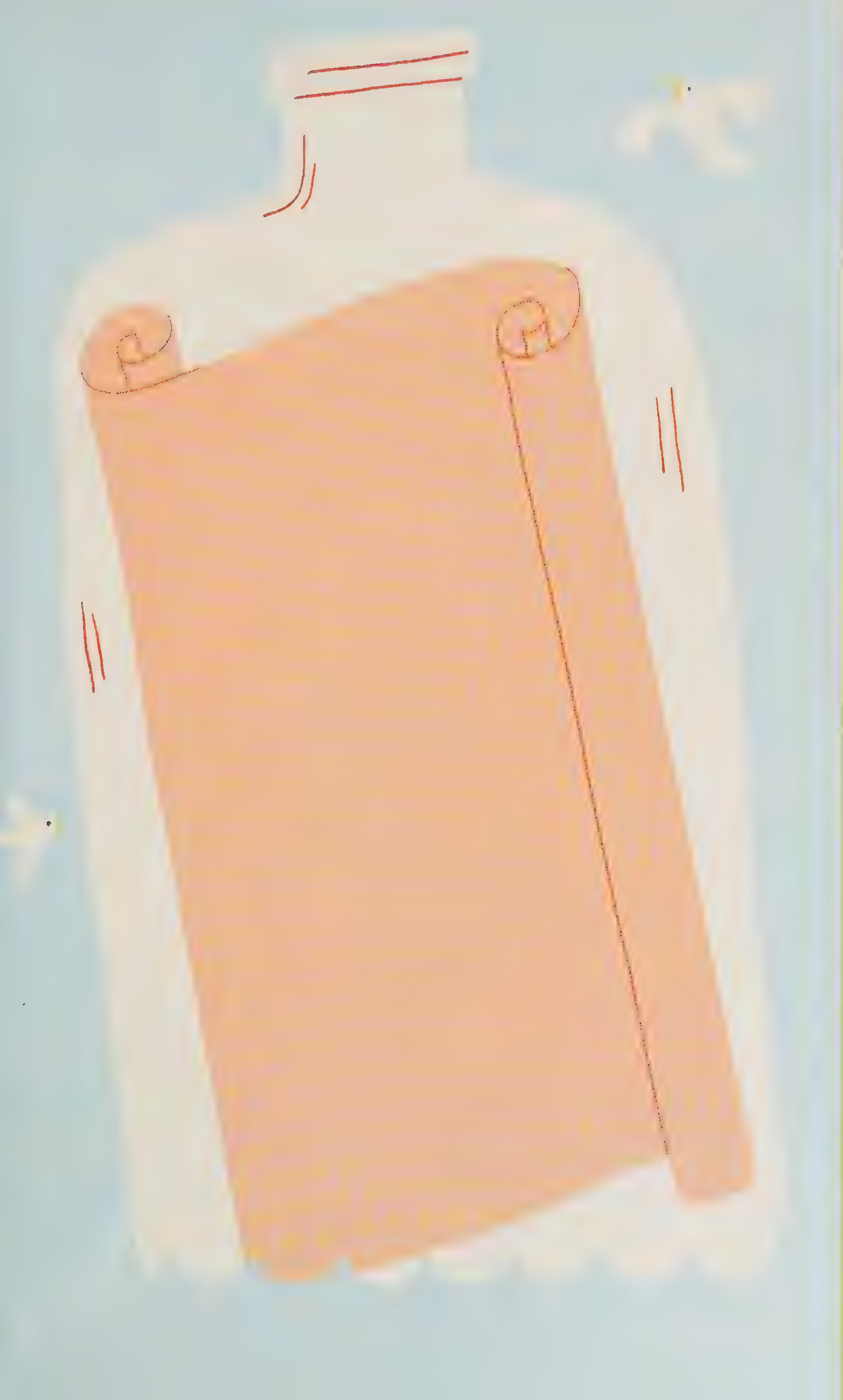
MEASURE UP

TODAY

YESTERDA



PRO TIP:



Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ________

EPIC

METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

EPIC RANT

HOW IS IT POSSIBLE...

Rant Over.

ON SECOND THOUGHT...

CURRENT DAYDREAMS

IT HAS BEEN

DAYS SINCE THE LAST HAPPY ACCIDENT.

IT'S in the BAG!

CURRENT OBSESSION

Date: ______

EPIC METER

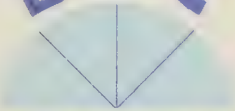
GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ______

EPIC



METER

GENERAL NOTES

IN HINDSIGHT...

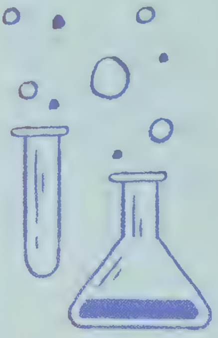
ALL in ALL, A PRETTY EPIC DAY!

CAUTION AHEAD

OVERHEAR anything INTERESTING TODAY?

INTERESTING OBSERVATION

GROUNDBREAKING DISCOVERY



Date: ____________

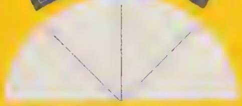
EPIC METER

Date: ____________

EPIC METER

Date: ______

EPIC



METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

Once Upon Today

The End

Date: ____________

TODAY'S HEADLINE

EPIC DAILY

3 WISHES

FRIENDS you're ROOTING for

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ______

EPIC

METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

BIG PLANS

WRITE IT DOWN

BEFORE YOU FORGET

LEFTOVER PROBLEMS

Date: ____________

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ______

EPIC

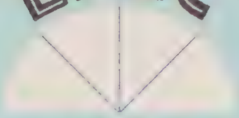
METER

WHAT YOU SAID:

WHAT YOU MEANT TO SAY:

WHAT YOU ACTUALLY *wanted* TO SAY:

Date: ______

EPIC


METER

HIGH NOTES

HARMONY

LOW NOTES

LADDER to SUCCESS

Date: ____________

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

Date: ______

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

SPECIAL REMINDER

UPON FURTHER INVESTIGATION

SUBJECT:

EXPLANATION

The RESULT

Date: ____

Could this day get any SWEETER?

Sugar

NEEDS __ more SPOONFULS

EPIC

METER

GENERAL NOTES

Random Act of Kindness

IN HINDSIGHT...

CAUSES WORTH ROOTING FOR

ALL in ALL, A PRETTY EPIC DAY!

Date: ______

EPIC

METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

EPIC RANT

REALLY?! REALLY.

RANT OVER.

SPECIAL KEEPSAKE

NAME THIS CAT

TEMS THAT ARE STILL LOST

MYSTERIOUSLY MISSING↗

NEVER LENDING MY STUFF AGAIN...

↖MISS *that* ONE...

↖WHERE COULD IT BE?!

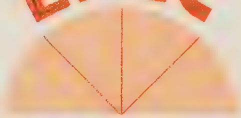
WHY?

HMM...

NOW THAT'S A REASON TO CELEBRATE!

Date:

EPIC METER



GENERAL NOTES

IN HINDSIGHT...

ALL *in* ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC METER

GOALS

Date: ____________

EPIC METER

TODAY'S ODDITIES

Let it SOAK in...

Date: ________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

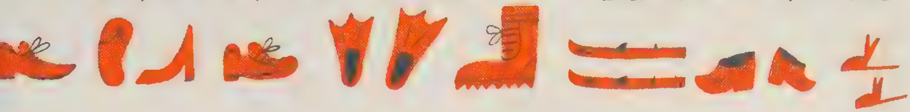
ALL in ALL, A PRETTY EPIC DAY!

TODAY'S ACCOMPLISHMENTS

PROBLEM-REPAIR-SHOP QUEUE

Nothing is unfixable!

TRY to WALK in SOMEONE ELSE'S SHOES



Learn anything on the journey?

HOW did TODAY START?

HOW did TODAY END?

IS EVERYTHING ORGANIZED?

Date: ____________

EPIC

METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

LIE AWAKE THINKING

Fond Memory

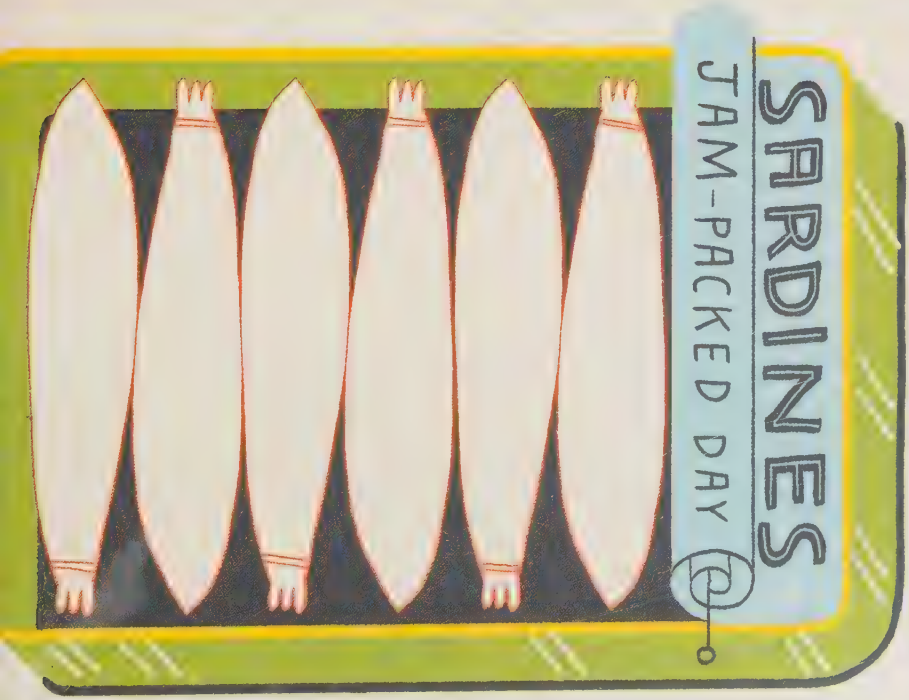
TODAY'S LOG

COUNT YOUR LUCKY STARS

Date: ____________

EPIC

METER



Date: ____________

EPIC

METER

Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

PERFORMANCE ★RANKING★

ROOKIE

NOVICE

EXPERT

VETERAN

GRIZZLED

HATS OFF TO YOU

Today's Specials

YOUR 2¢

Date: ________

Greetings from...

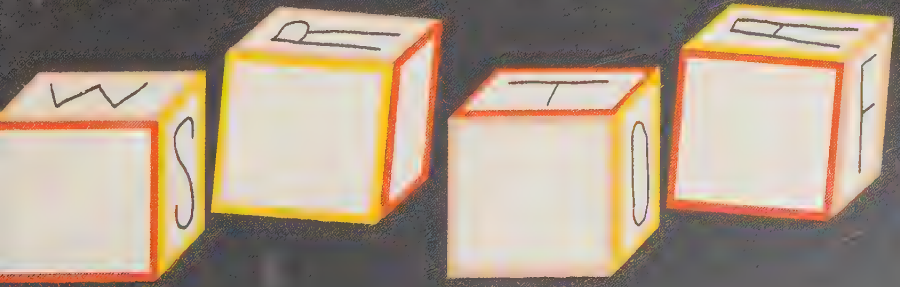
- SUNNY
- RAINY
- BORING
- EXPENSIVE

WHERE I LEARNED THAT...

EPIC RANT

SING IT!

WORD OF THE DAY



EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

BREAKING NEWS

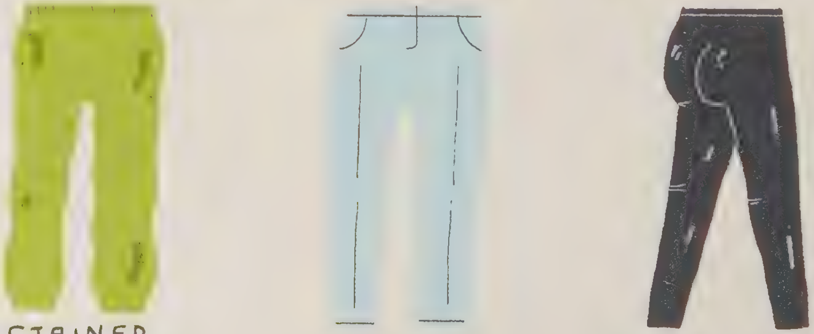
BULLETIN BOARD

LOST

WANTED

FOUND

TODAY, SUMMED UP IN PANTS



STAINED SWEATPANTS

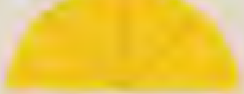
SENSIBLE SLACKS

Sexy leather pants

Date: ______

MESSAGE to the WORLD!

EPIC



METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

Date: ____________

EPIC METER

GENERAL NOTES

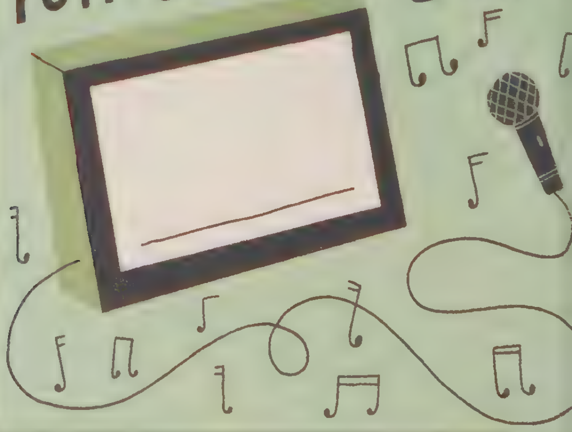
IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

MOOD FORECAST

WORLD'S BEST

CURRENT KARAOKE JAM



TOMORROW'S PREDICTION

WRITE THE FIRST THING THAT POPS INTO YOUR HEAD.

Date: ______

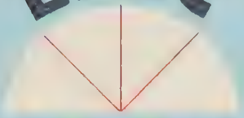
EPIC METER

Date: ______

EPIC METER

Date: ____________

EPIC



METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

VENT HERE

ACCOMPLISHMENTS

MAJOR	MINOR	MEH

HOW CLOSE TO
THE TARGET
WERE YOU TODAY?

EPIC RANT

EVERYONE SHOULD...

Date: ________

GENERAL NOTES

IN HINDSIGHT...

SPICE up THE DAY!

ALL in ALL, A PRETTY EPIC DAY!

Date: ______

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

EPIC RANT

Why do we STILL...

RANT OVER.

ADVICE COLUMN

FEELING STUMPED

IMMENSE PROBLEMS

Date: ________

EPIC METER

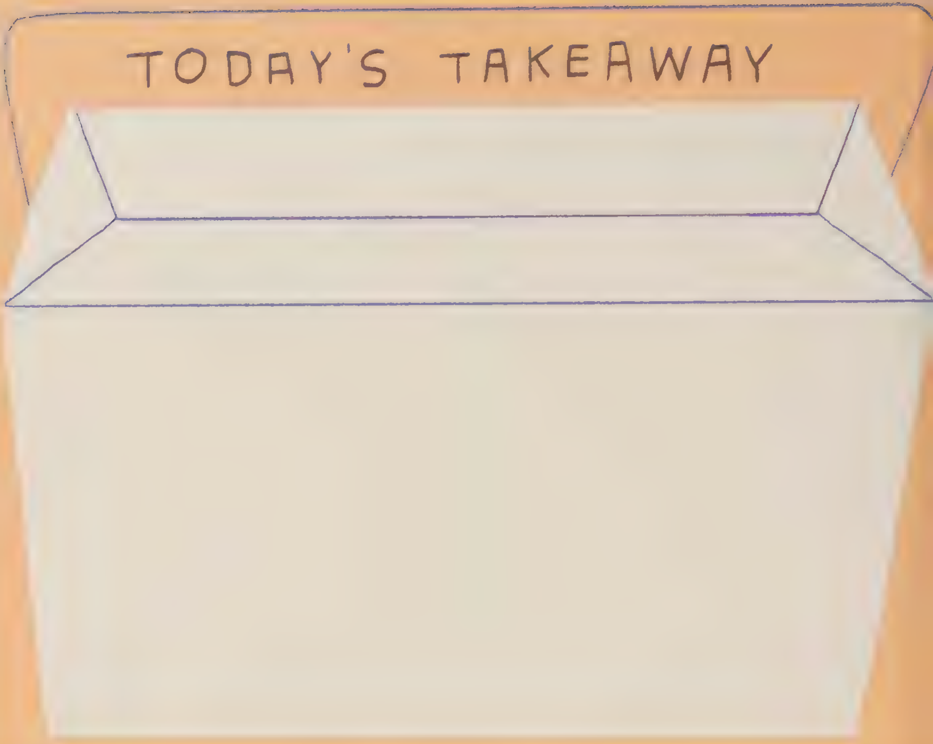
GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ________

EPIC METER



Date: ________

EPIC METER

TODAY'S

TOP 10

10

9

8

7

6

5

4

3

2

1

PRO TIP:

CURRENT OBSESSION

what are we celebrating?

Date: ______

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

RETRACE your STEPS

START

1

2

3

4

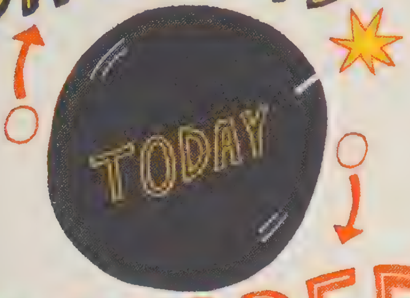
5

6

7

END

DA BOMB or



BOMBED IT?

CURRENT OBSESSION

BIG Announcement

WAS THE GLASS...

- HALF-FULL?
- HALF-EMPTY?
- OVERFLOWING?
- BONE-DRY?

Date: ______

EPIC

METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ______

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

HIGH POINTS of the DAY vs. LOW POINTS

WHAT WILL GO DOWN IN HISTORY TODAY?

THIS SUCKS

(BUT SOON IT WON'T)

CERTIFICATE OF TODAY'S ACCOMPLISHMENTS

Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ______

EPIC METER

GOALS

Date: ______

EPIC METER

TODAY'S ODDITIES

A NEW PERSPECTIVE

Date: ________

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ________

EPIC METER

GENERAL NOTES

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IN HINDSIGHT...

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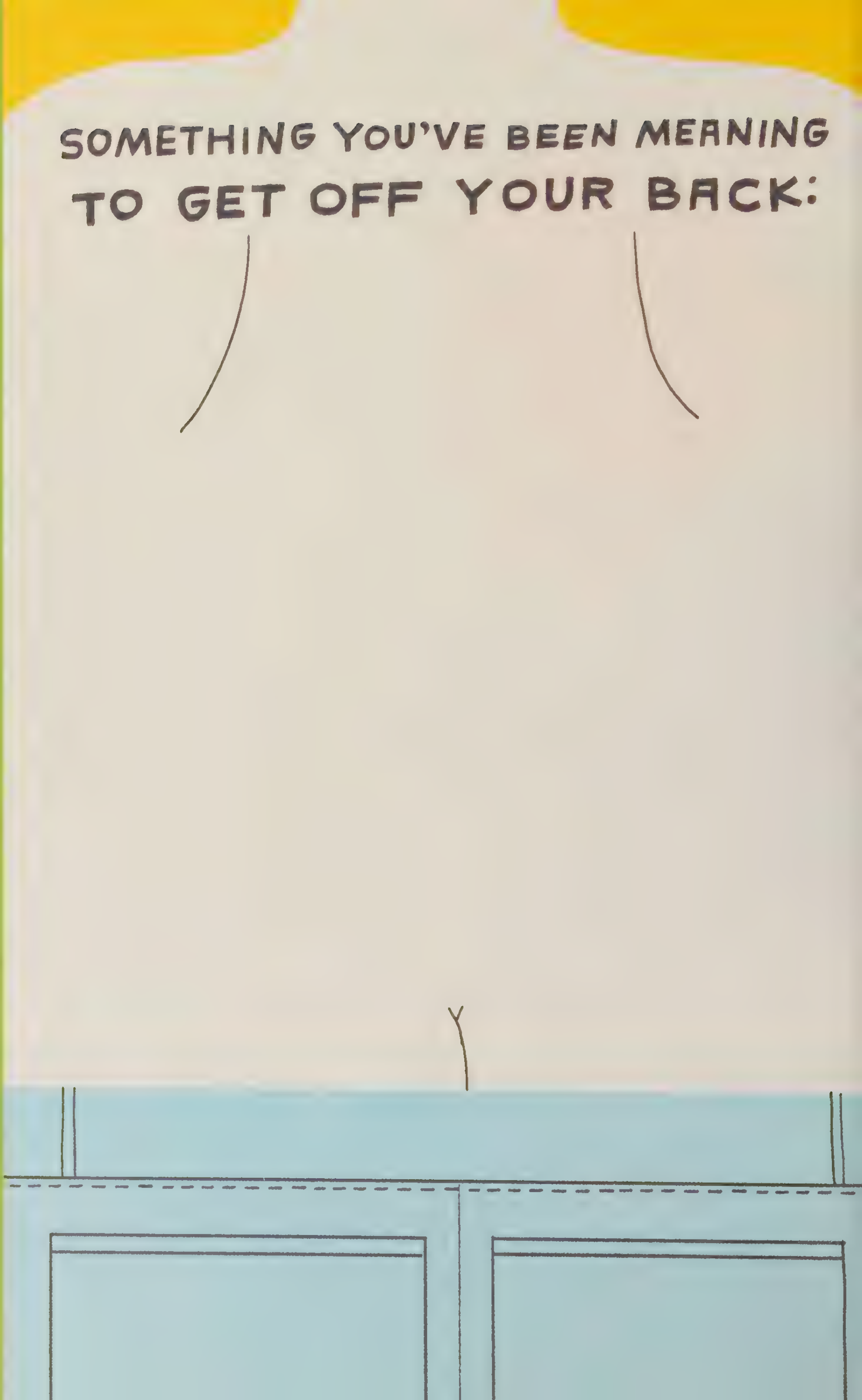
____

ALL in ALL, A PRETTY EPIC DAY!

SOMETHING YOU'VE BEEN MEANING TO GET OFF YOUR BACK:



when life hands you LEMONS, turn them INTO...

TODAY COULD'VE USED AN AUTOMATED

Where WOULD you HEAD on the OPEN ROAD?

Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

WISH LIST

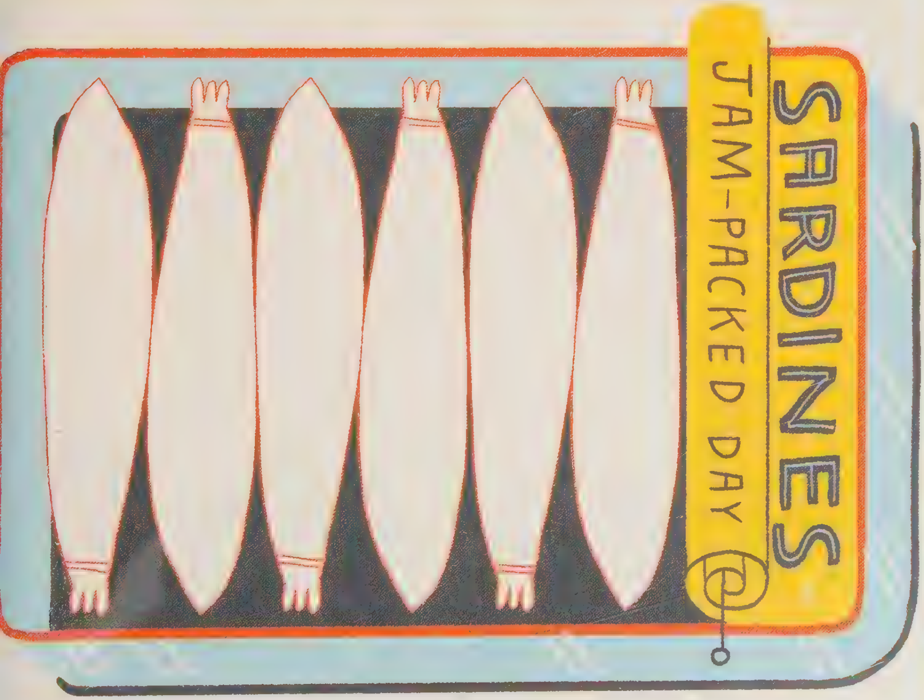
SH*T LIST

WHEN THE PLANETS ALIGN

Date: ____________

EPIC

METER



Date: ____________

EPIC

METER

Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

JUST PUTTING THIS OUT THERE...

TODAY'S TOP 10

PRO TIP:

10

9

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2

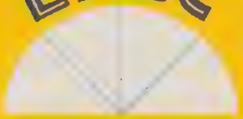
1

CURRENT OBSESSION

what are we celebrating?

Date: ________

EPIC



METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ______

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

NOTEWORTHY NEWS

HEY! WHAT'S COOKIN'?

WELL-DONE	HALF-BAKED	OVERDONE

ONCE in a Blue Moon

Date: ____________

EPIC

METER

GENERAL NOTES

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IN HINDSIGHT...

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ALL in ALL,
A PRETTY
EPIC DAY!

Date: ______

EPIC METER

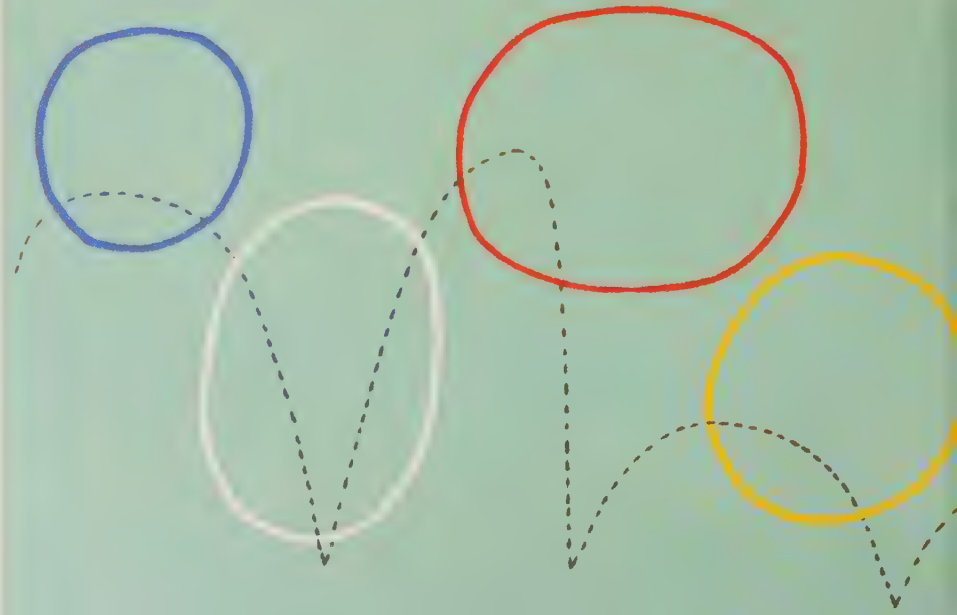
GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

FUTURE BUSINESSES

WHAT HOOPS DID YOU HAVE TO JUMP THROUGH TODAY?



Date: ____________

EPIC METER

EXPRESS TICKET

TO: ____________

Date: ____________

EPIC METER

Date: ____________

EPIC METER

GENERAL NOTES

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IN HINDSIGHT...

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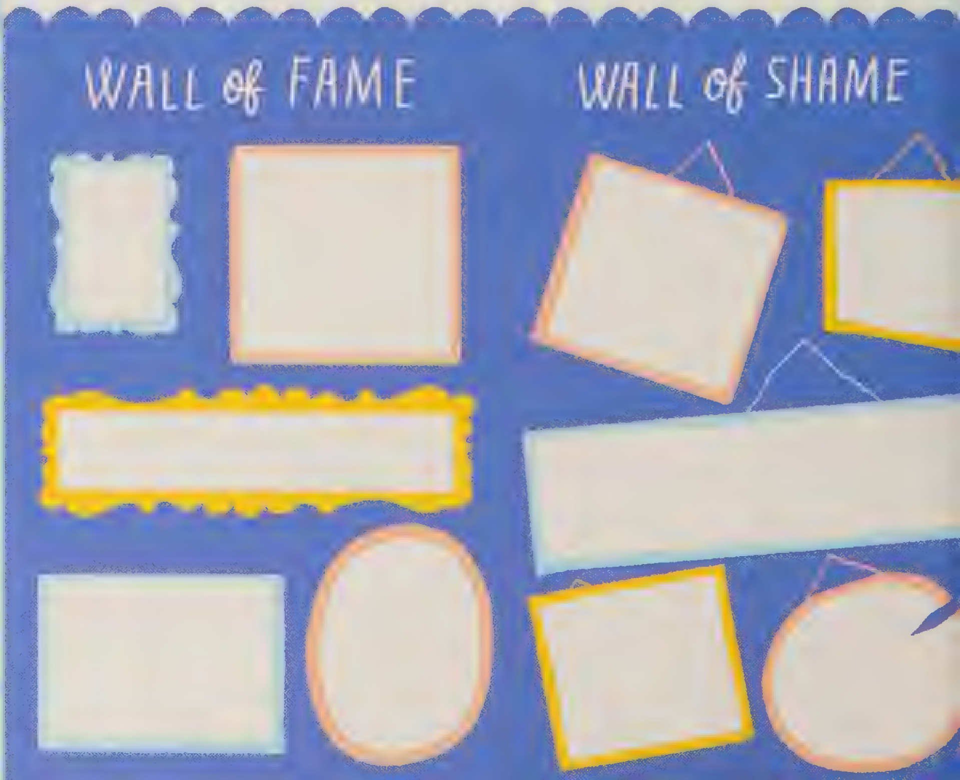
ALL in ALL, A PRETTY EPIC DAY!



DEEP THOUGHTS

Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

STEPPING STONES

BUILDING BLOCKS

LOOKING FORWARD TO...

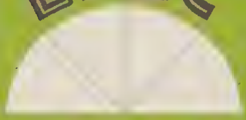
OFFICIA
COUNTDOW

(YOUR MESSAGE HERE)

ORGANIZE YOUR THOUGHTS

Date: ________

EPIC



METER

GENERAL NOTES

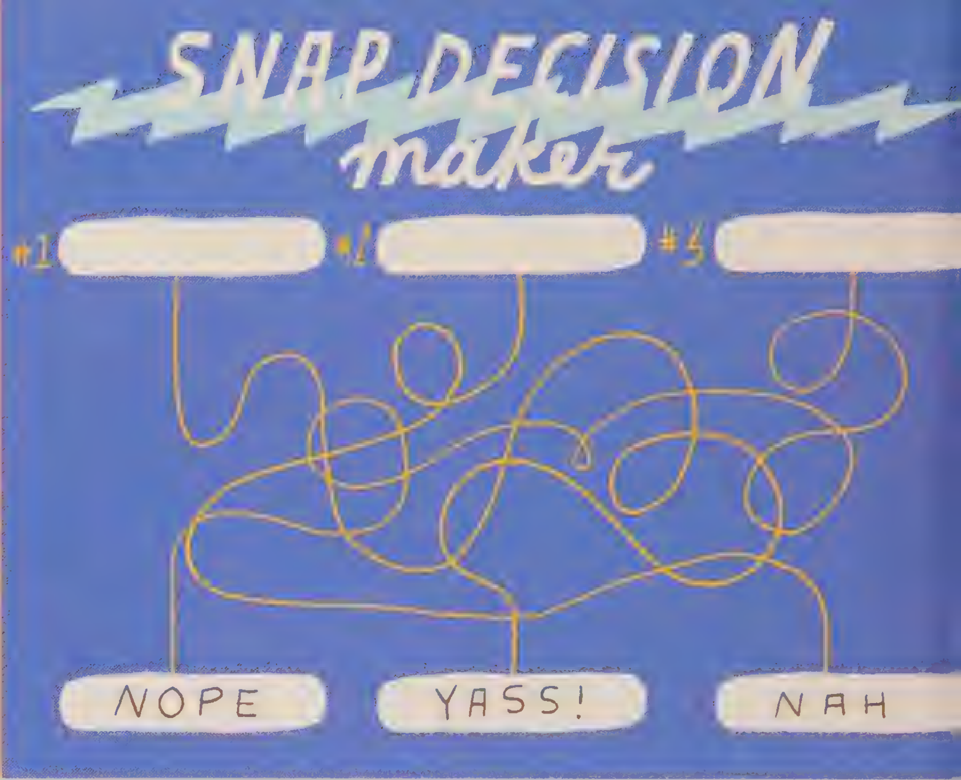
IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC

METER



Date: ____________

EPIC

METER

WHERE DID YOU GO?

WHO DID YOU SEE?

WHAT DO YOU KNOW?

The TITLE of TODAY'S BOOK

The TITLE of YESTERDAY'S BOOK

Date: ____________

GENERAL NOTES

WHICH TOOL WILL REPAIR TODAY? (CIRCLE ONE)

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Recipe for SUCCESS

Recipe for DISASTER

With a DASH of

and A PINCH of

ADD a TOUCH of

and TOP with

AIR YOUR GRIEVANCES

LIFE REPORT CARD

A-DOING GREAT	B-NOT BAD	C-NEEDS IMPROVEMENT	D-THAT DIDN'T GO WELL	F-UGHH!!

SUBJECT	GRADE

Extra Credit

Date: ______

EPIC

METER

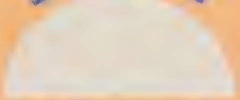
GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ________

EPIC



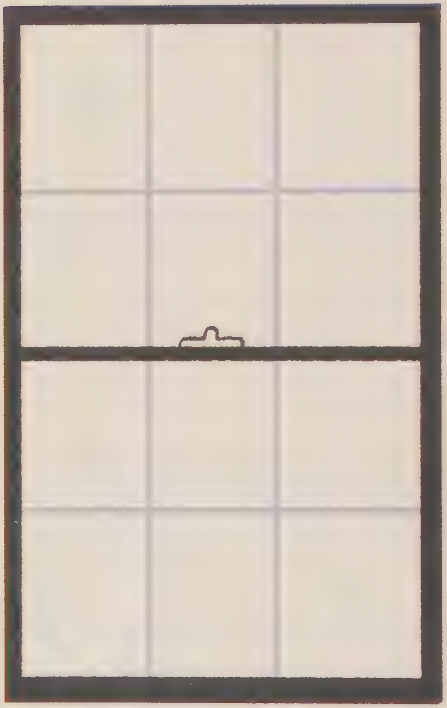
METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

WINDOWS OF OPPORTUNITY



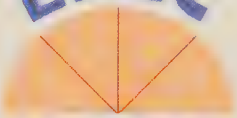
IT WAS THE BEST OF TIMES	IT WAS THE WORST OF TIMES

TODAY'S GOOD EGGS

TODAY'S BAD APPLES

Date: ________

EPIC



METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

WHAT YOU SAID:

WHAT YOU MEANT TO SAY:

WHAT YOU ACTUALLY wanted TO SAY:

HIGH NOTES

HARMONY

LOW NOTES

Let it SOAK in...

Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

Date: ______

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

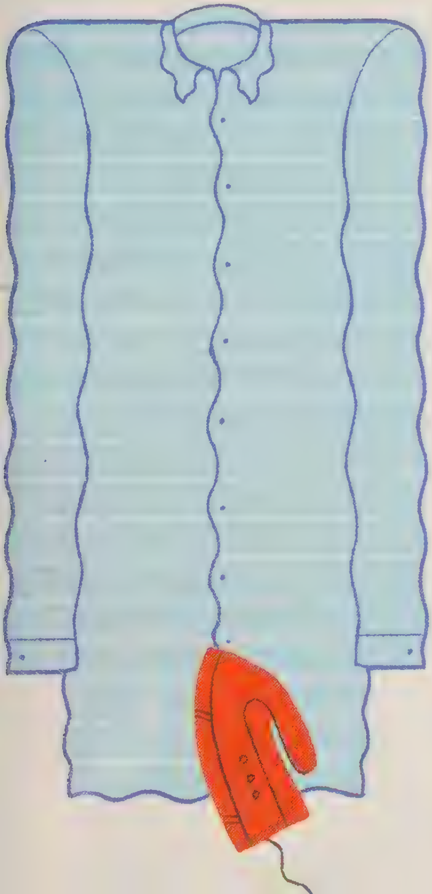
RETRACE your STEPS

Date: ____________

EPIC METER

GENERAL NOTES

IRON OUT the DETAILS



WORK OUT the KINKS

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ____

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

MAJOR GROWTH

SEEDLINGS

UP FOR A CELEBRATORY HAND GESTURE? (CIRCLE ONE)

High 5

Low 5

Too Slow

SHED LIGHT ON the SITUATION

EPIC RANT

What is going on with...

Date:

EPIC

METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC

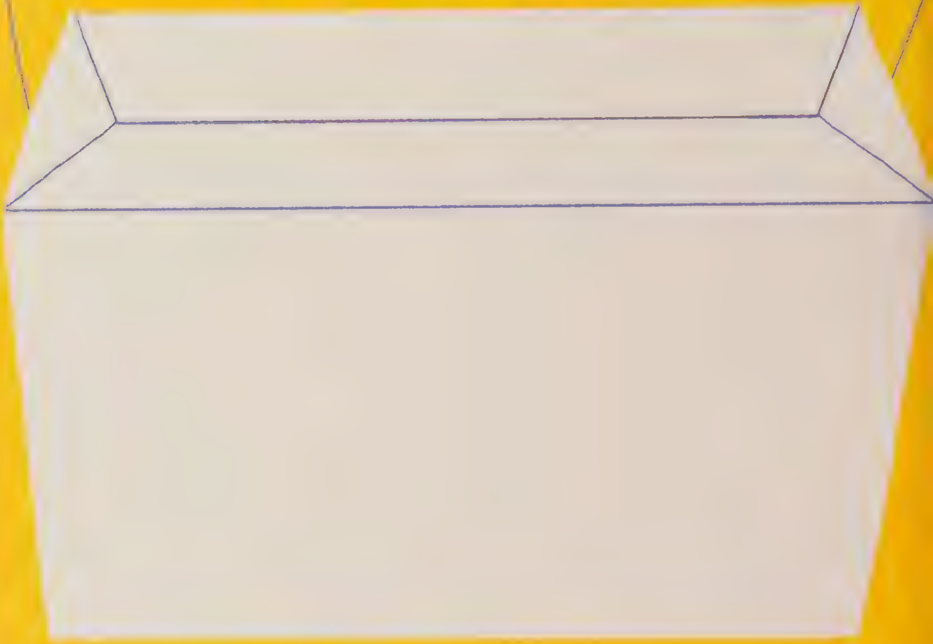
METER

Date: ____________

EPIC

METER

TODAY'S TAKEAWAY



Date: ____________

EPIC METER

GENERAL NOTES

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IN HINDSIGHT...

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ALL in ALL, A PRETTY EPIC DAY!

Date:

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

The ULTIMATE DECISION

PROS	CONS

WHAT'S THE VERDICT?

SATISFIED WITH THE OUTCOME? YES or NO

RECORD A
VICTORY

You accomplished enough today!

TODAY WERE YOU SWITCHED ON or OFF?

TAKE a CLOSER LOOK

HOW DIFFICULT WAS IT TO GET FROM POINT (A) to POINT (B) TODAY?

A

B

Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ______

EPIC

METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

STARTING is HALF the BATTLE

TODAY'S CHECKLIST

- ○ GOT STUFF DONE
- ○ LAUGHED
- ○ WAS HELPFUL
- ○ ATE SOMETHING
- ○ HAD FUN

The KEY to TODAY'S SUCCESS

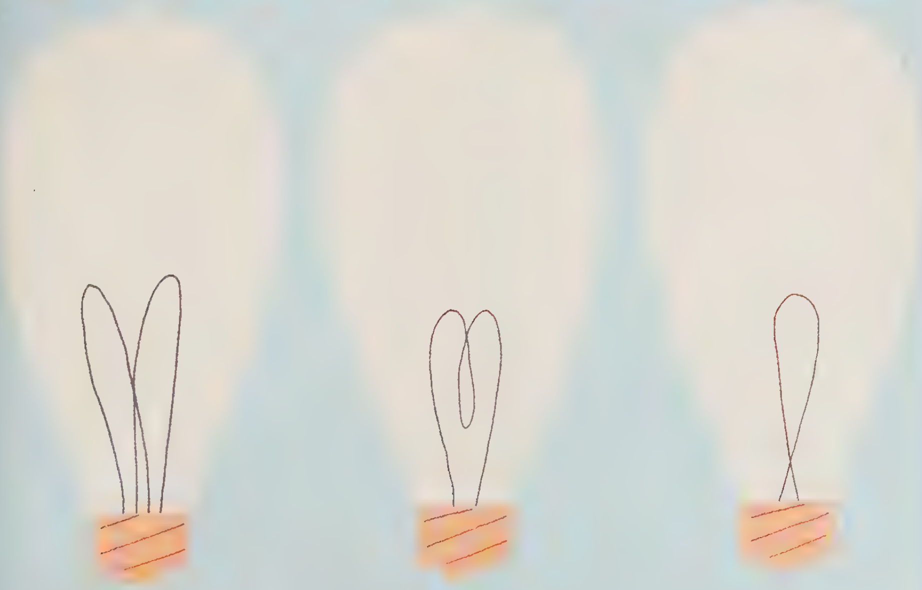
Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

BRIGHT IDEAS



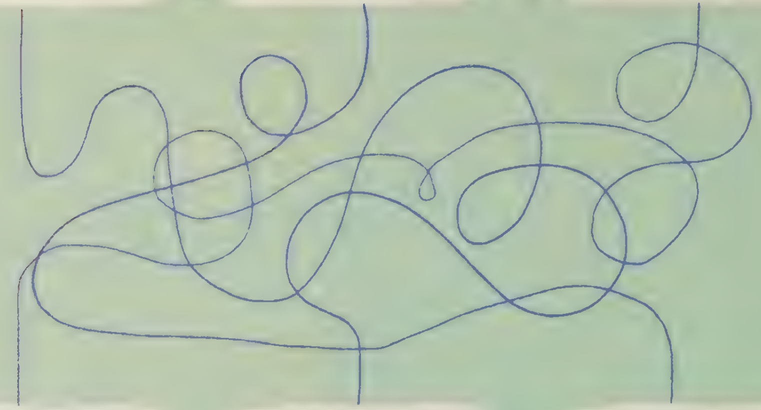
ALL in ALL, A PRETTY EPIC DAY!

Date: ________

EPIC METER

SNAP DECISION maker

#1 ________ #2 ________ #3 ________



NOPE YASS! NAH

Date: ________

EPIC METER

WHERE DID YOU GO?

WHO DID YOU SEE?

WHAT DO YOU KNOW?

What's the SCOOP?

LET IT SIMMER HERE...

Date: ____________

EPIC METER

GENERAL NOTES

____
____
____
____
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IN HINDSIGHT...

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ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC

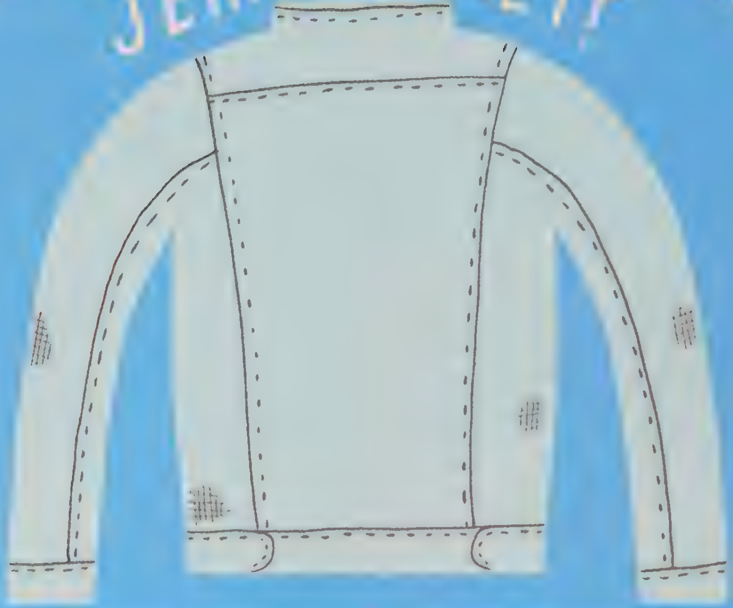
METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

WHAT WOULD YOU STITCH ON YOUR JEAN JACKET?



FREE WISH

Date: ________

IMPORTANT ANNOUNCEMENT!

REQUEST FORM

OFFICIAL DO-OVER REQUEST

REASON:

______

______

______

EPIC

METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC METER

Date: ____________

EPIC METER

EXPRESS TICKET

TO: ____________

A GOOD TIME to Reflect

Date: ______

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

CURRENT MOOD

HOW DID TODAY MEASURE UP?

TODAY

YESTERDAY

PRO TIP:

Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ______

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

EPIC RANT

HOW IS IT POSSIBLE...

Rant Over.

ON SECOND THOUGHT...

CURRENT DAYDREAMS

IT HAS BEEN

DAYS SINCE THE LAST HAPPY ACCIDENT.

IT'S in the BAG!

CURRENT OBSESSION

Date: ________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC

METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

CAUTION AHEAD

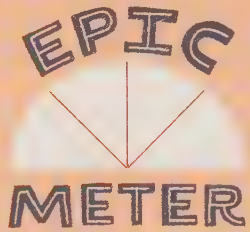
OVERHEAR anything INTERESTING TODAY?

INTERESTING OBSERVATION

GROUNDBREAKING DISCOVERY

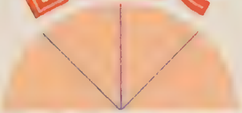
Date:

Date:



Date: ____________

EPIC



METER

GENERAL NOTES

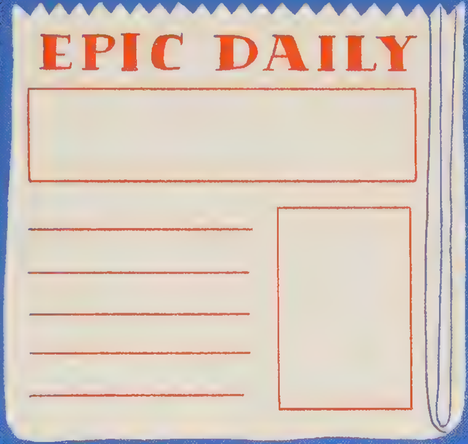
IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

Once Upon Today

The End

TODAY'S HEADLINE

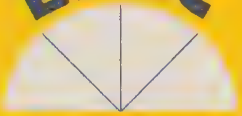


3 WISHES

FRIENDS you're ROOTING for

Date: ______

EPIC



METER

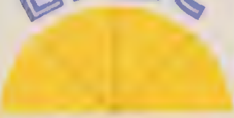
GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ______________

EPIC



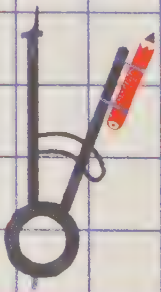
METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

BIG PLANS



WRITE IT DOWN

BEFORE YOU FORGET

LEFTOVER PROBLEMS

Date: ____________

GENERAL NOTES

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IN HINDSIGHT...

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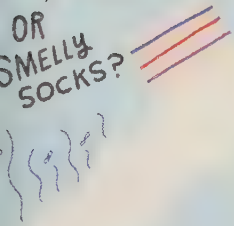
ALL in ALL, A PRETTY EPIC DAY!

FILL ANY BIG SHOES TODAY?

OR SMELLY SOCKS?



OR COWBOY BOOTS?

OR BARE FEET?

Date: ______

EPIC METER

WHAT YOU SAID:

WHAT YOU MEANT TO SAY:

WHAT YOU ACTUALLY wanted TO SAY:

Date: ______

EPIC METER

HIGH NOTES

HARMONY

LOW NOTES

LADDER to SUCCESS

Date: ______

EPIC

METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

SPECIAL REMINDER

UPON FURTHER INVESTIGATION

SUBJECT:

EXPLANATION

The RESULT

Could this day get any SWEETER?

NEEDS ___ more SPOONFULS

Random Act of Kindness

CAUSES WORTH ROOTING FOR

Date: ___

EPIC METER

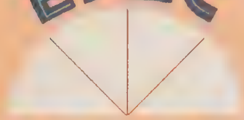
GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ______

EPIC



METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

EPIC RANT

REALLY?! REALLY.

RANT OVER.

SPECIAL KEEPSAKE

NAME THIS CAT

ITEMS THAT ARE STILL LOST

MYSTERIOUSLY MISSING ↗

NEVER LENDING MY STUFF AGAIN...

↖ MISS that ONE...

↖ WHERE COULD IT BE?!

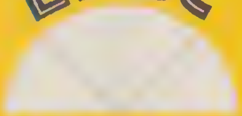
WHY?

HMM...

NOW THAT'S A REASON TO CELEBRATE!

Date: __________

EPIC METER



GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ______

EPIC METER

GOALS

Date: ______

EPIC METER

TODAY'S ODDITIES

Let it SOAK in...

Date: ____________

EPIC

METER

GENERAL NOTES

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IN HINDSIGHT...

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ALL in ALL, A PRETTY EPIC DAY!

Date: ________

EPIC

METER

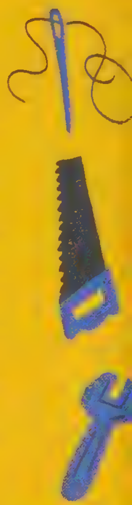
GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

TODAY'S ACCOMPLISHMENTS

PROBLEM-REPAIR-SHOP QUEU



Nothing is unfixable!

Date: ____________

TRY to WALK in SOMEONE ELSE'S SHOES

Learn anything on the journey?

EPIC METER

GENERAL NOTES

HOW did TODAY START?

HOW did TODAY END?

IN HINDSIGHT...

IS EVERYTHING ORGANIZED?

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

LIE AWAKE THINKING

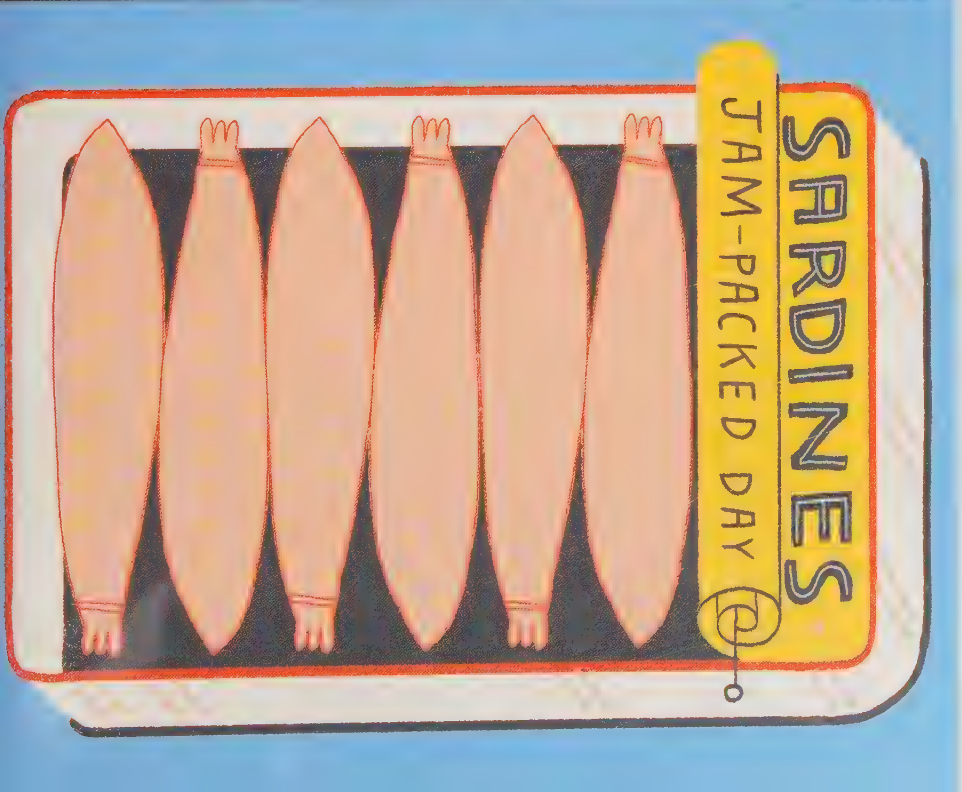
Fond Memory

TODAY'S LOG

Date: ________

EPIC

METER



Date: ________

EPIC

METER

Date: ____________

EPIC

METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

PERFORMANCE ★ RANKING ★

ROOKIE

NOVICE

EXPERT

VETERAN

GRIZZLED

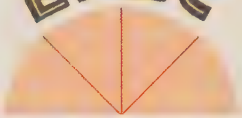
HATS OFF TO YOU

Today's Specials

YOUR 2¢

Date: ____________

EPIC METER



Greetings from... SUNNY RAINY BORING EXPENSIVE

WHERE I LEARNED THAT...

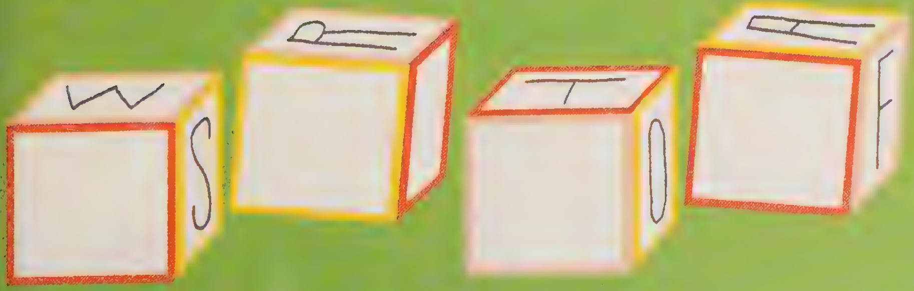
GENERAL NOTES

EPIC RANT

IN HINDSIGHT...

SING IT!

WORD OF THE DAY



ALL in ALL, A PRETTY EPIC DAY!

Date: ________

EPIC

METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

BREAKING NEWS

BULLETIN BOARD

LOST

WANTED

FOUND

TODAY, SUMMED UP IN PANTS

STAINED
SWEATPANTS

SENSIBLE
SLACKS

Sexy leather pants

MESSAGE to the WORLD!

Date: ______

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ______

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

MOOD FORECAST

WORLD'S BEST

CURRENT KARAOKE JAM

TOMORROW'S PREDICTION

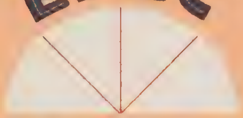
WRITE THE FIRST THING THAT POPS INTO YOUR HEAD.

Date: ____________

Date: ____________

Date: ____________

EPIC



METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

VENT HERE

ACCOMPLISHMENTS

MAJOR	MINOR	MEH

HOW CLOSE TO
THE TARGET
WERE YOU TODAY?

EPIC RANT

EVERYONE SHOULD...

SPICE up THE DAY!

Date: ____________

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

EPIC RANT

Why do we STILL...

RANT OVER.

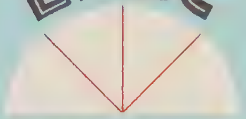
ADVICE COLUMN

FEELING STUMPED

IMMENSE PROBLEMS

Date: ________

EPIC



METER

GENERAL NOTES

IN HINDSIGHT...

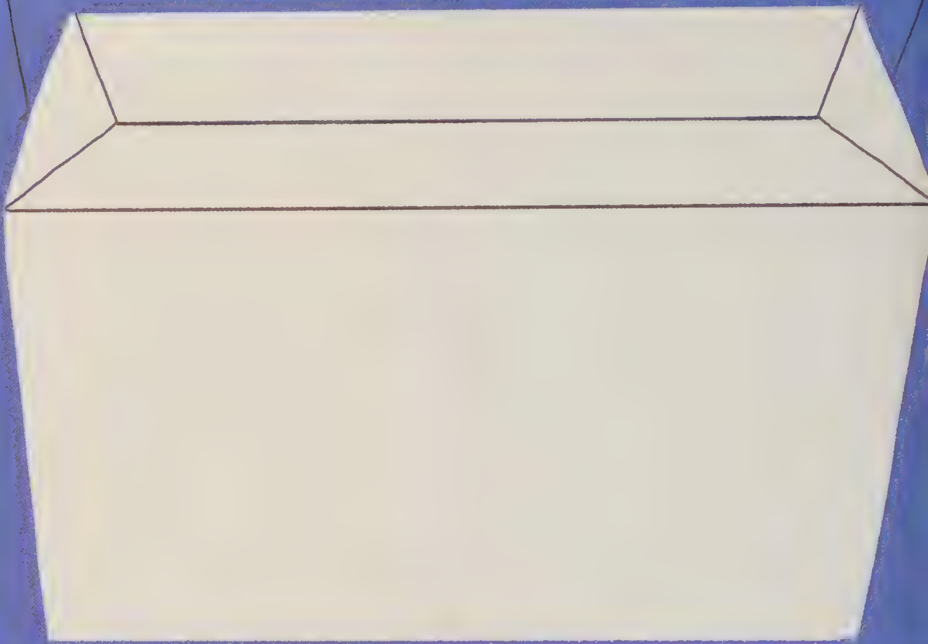
ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC

METER

TODAY'S TAKEAWAY



Date: ____________

EPIC

METER

TODAY'S TOP 10

10
9
8
7
6
5
4
3
2
1

PRO TIP:

CURRENT OBSESSION

what are we "celebrating?"

Date: ______

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ______

EPIC

METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

RETRACE your STEPS

START 1

2

3

4

5

6

7 END

DA BOMB or

TODAY

BOMBED IT?

CURRENT OBSESSION

Date: ______

EPIC METER

GENERAL NOTES

BIG Announcement

IN HINDSIGHT...

WAS THE GLASS...

HALF-FULL?

HALF-EMPTY?

OVERFLOWING?

BONE-DRY?

ALL in ALL, A PRETTY EPIC DAY!

Date: ______

EPIC

METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

HIGH POINTS of the DAY vs. LOW POINTS

WHAT WILL GO DOWN IN HISTORY TODAY?

THIS SUCKS

(BUT SOON IT WON'T)

Date: ______

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

CERTIFICATE OF TODAY'S ACCOMPLISHMENTS

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC
METER

GOALS

Date: ____________

EPIC
METER

TODAY'S ODDITIES

A NEW PERSPECTIVE

Date: ______

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ________

EPIC

METER

GENERAL NOTES

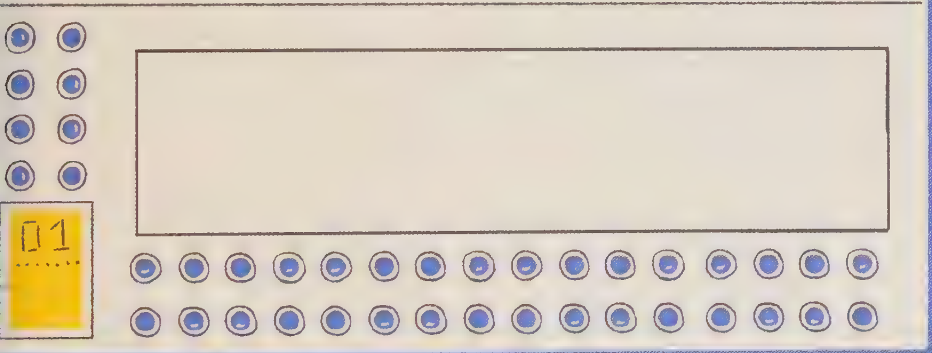
IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

SOMETHING YOU'VE BEEN MEANING TO GET OFF YOUR BACK:

when life hands you LEMONS, turn them INTO...

TODAY COULD'VE USED AN AUTOMATED



Where WOULD you HEAD on the OPEN ROAD?

Date: ________

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

WISH LIST

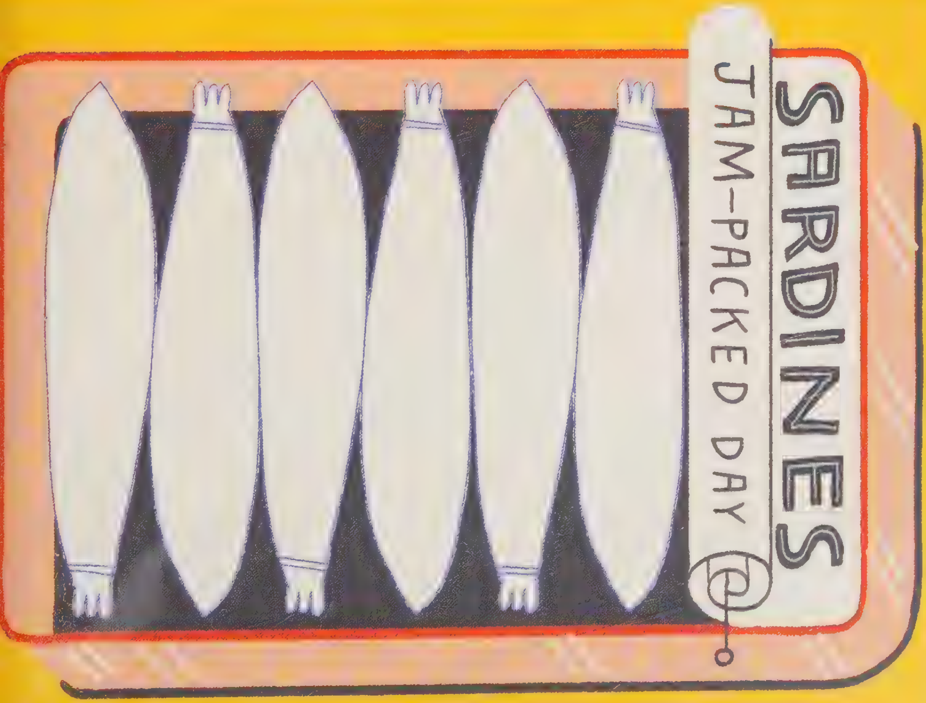
SH*T LIST

WHEN THE PLANETS ALIGN

COUNT YOUR LUCKY STARS

Date: ________

EPIC METER



Date: ________

EPIC METER

Date: ______

EPIC

METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

JUST PUTTING THIS OUT THERE...

Date:

TODAY'S TOP 10

10

9

8

7

6

5

4

3

2

1

PRO TIP:

CURRENT OBSESSION

what are we "celebrating?"

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ______

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

NOTEWORTHY NEWS

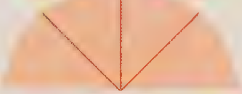
HEY! WHAT'S COOKIN'?

WELL-DONE	HALF-BAKED	OVERDONE

ONCE in a Blue Moon

Date: ____________

EPIC METER



GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

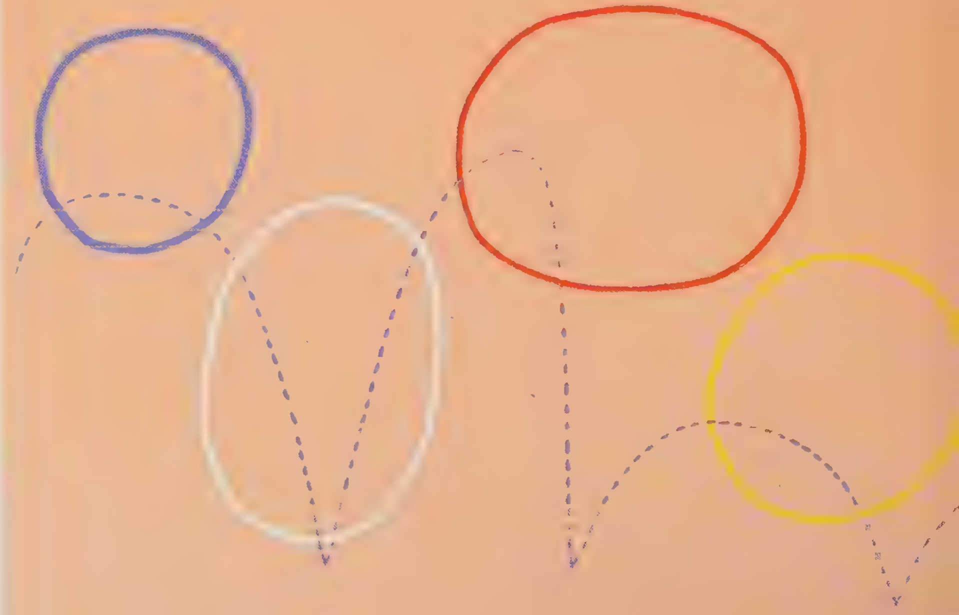
GENERAL NOTES

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

FUTURE BUSINESSES

WHAT HOOPS DID YOU HAVE TO JUMP THROUGH TODAY?



BUDDING IDEAS

Date: ____________

EPIC METER

EXPRESS TICKET

TO: ____________

Date: ____________

EPIC METER

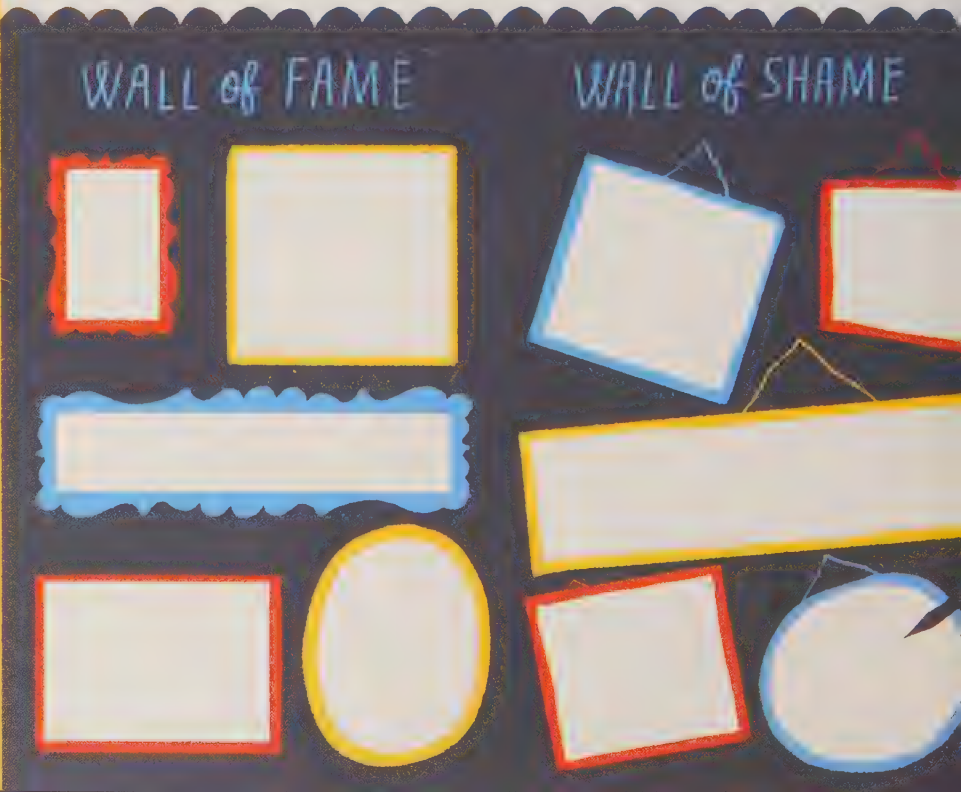
Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!



DEEP THOUGHTS

Date: ____________

EPIC

METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

STEPPING STONES

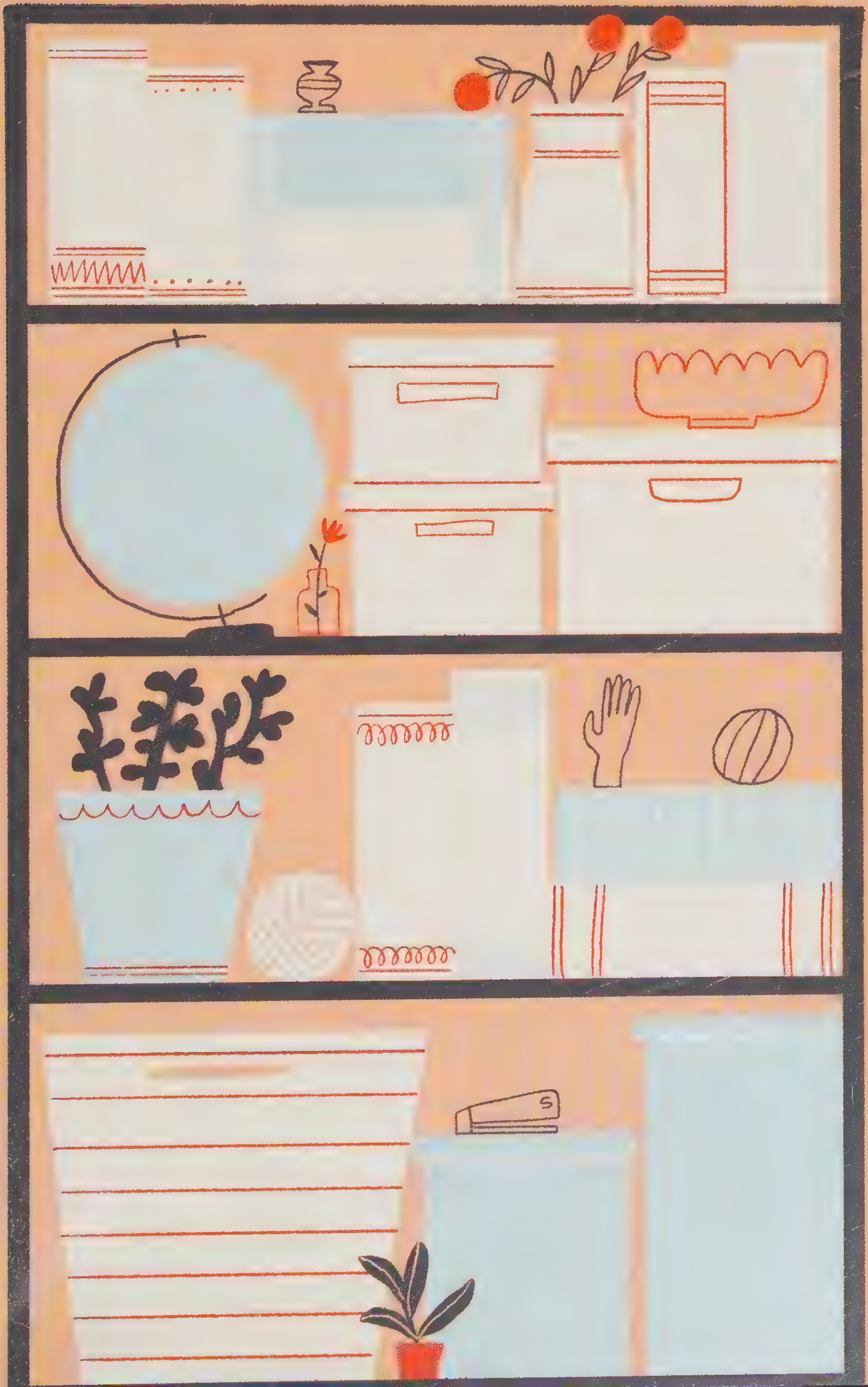
BUILDING BLOCKS

LOOKING FORWARD TO...

OFFICIAL COUNTDOWN

(YOUR MESSAGE HERE)

ORGANIZE YOUR THOUGHTS



Date: ____________

METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

Date: ____________

EPIC METER

SNAP DECISION maker

Date: ____________

EPIC METER

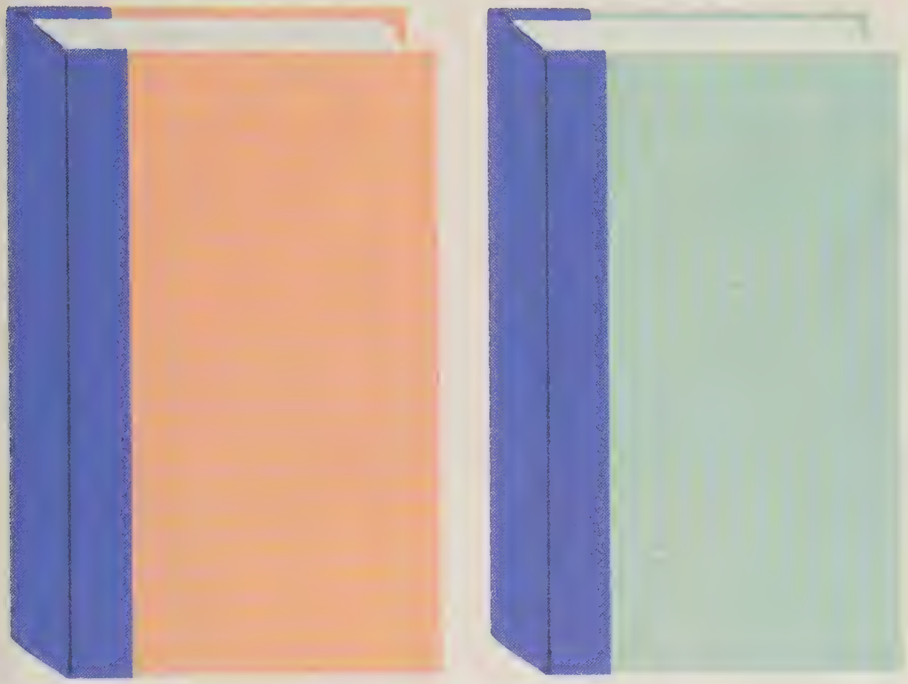
WHERE DID YOU GO?

WHO DID YOU SEE?

WHAT DO YOU KNOW?

The TITLE of TODAY'S BOOK

The TITLE of YESTERDAY'S BOOK



WHICH TOOL WILL REPAIR TODAY? (CIRCLE ONE)

Date:

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Recipe for SUCCESS

Recipe for DISASTER

With a DASH of

and a PINCH of

ADD a TOUCH of

and TOP with

AIR YOUR GRIEVANCES

LIFE REPORT CARD

A-DOING GREAT B-NOT BAD C-NEEDS IMPROVEMENT D-THAT DIDN'T GO WELL F-UGHH!!

SUBJECT	GRADE

Extra Credit

Date: ________

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

WINDOWS OF OPPORTUNITY

IT WAS THE BEST OF TIMES	IT WAS THE WORST OF TIMES

TODAY'S
GOOD EGGS

TODAY'S
BAD APPLES

Date: ________

EPIC

METER

GENERAL NOTES

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IN HINDSIGHT...

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ALL in ALL,
A PRETTY
EPIC DAY!

Date: ____________

EPIC

METER

WHAT YOU SAID:

WHAT YOU MEANT TO SAY:

WHAT YOU ACTUALLY wanted TO SAY:

Date: ____________

EPIC

METER

HIGH NOTES

HARMONY

LOW NOTES

Let it SOAK in...

Date: ________

EPIC

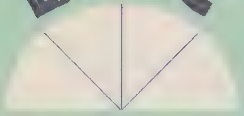
METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ______



EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

RETRACE your STEPS

your message here

IRON OUT the DETAILS

WORK OUT the KINKS

Date: ________

EPIC

METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC
METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

MAJOR GROWTH

SEEDLINGS

UP FOR A CELEBRATORY HAND GESTURE (CIRCLE ONE)

High 5

Low 5

Too Slow

SHED LIGHT ON the SITUATION

EPIC RANT

What is going on with...

Date: ________

EPIC

METER

GENERAL NOTES

IN HINDSIGHT...

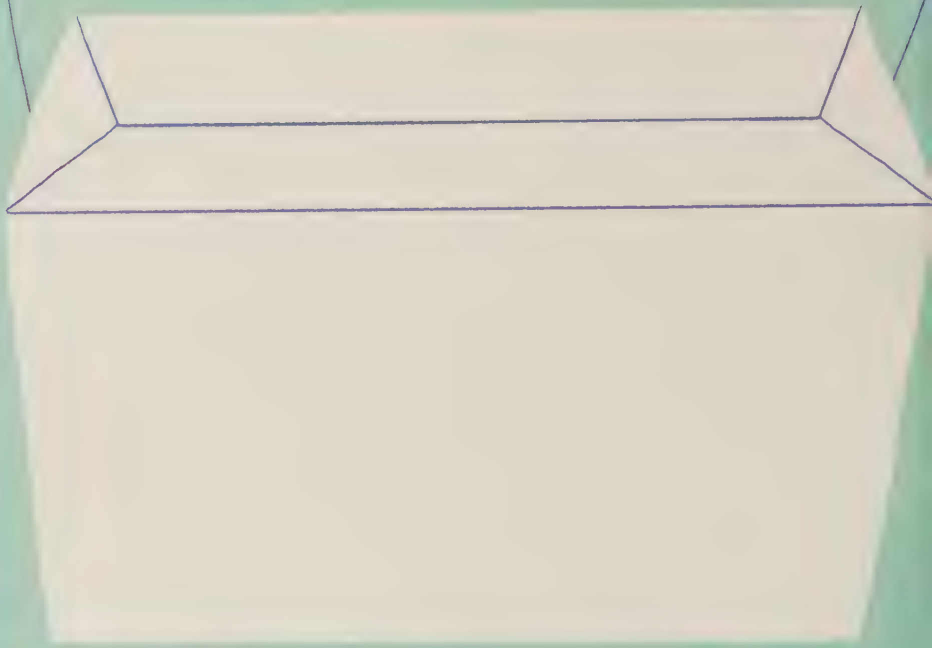
ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC

METER

TODAY'S TAKEAWAY



Date: ____________

EPIC

METER

Today's Lesson

Date: ______

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

The ULTIMATE DECISION

PROS	CONS

WHAT'S THE VERDICT?

SATISFIED WITH THE OUTCOME? YES or NO

RECORD A

VICTORY

You accomplished enough today!

TODAY WERE YOU SWITCHED ON or OFF?

TAKE a CLOSER LOOK

HOW DIFFICULT WAS IT TO GET FROM POINT (A) to POINT (B) TODAY?

A

B

Date: ________

EPIC METER

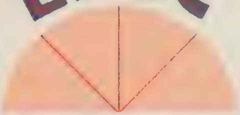
GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ________

EPIC



METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

STARTING is HALF the BATTLE.

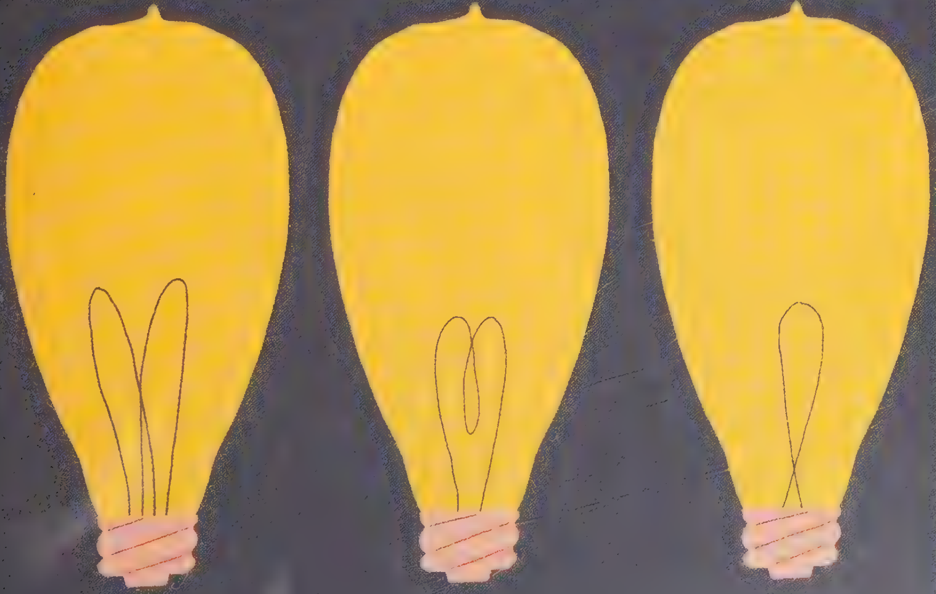
TODAY'S CHECKLIST

- ○ GOT STUFF DONE
- ○ LAUGHED
- ○ WAS HELPFUL
- ○ ATE SOMETHING
- ○ HAD FUN

The KEY to TODAY'S

SUCCESS

BRIGHT IDEAS



Date: ________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ______

EPIC METER

SNAP DECISION maker

Date: ______

EPIC METER

WHERE DID YOU GO?

WHO DID YOU SEE?

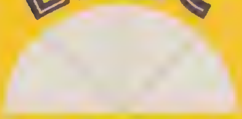
WHAT DO YOU KNOW?

what's the
SCOOP?

LET IT
SIMMER
HERE...

Date: ______

EPIC



METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

Date: ______

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

WHAT WOULD YOU STITCH ON YOUR JEAN JACKET?

FREE WISH

IMPORTANT ANNOUNCEMENT!

REQUEST FORM

OFFICIAL DO-OVER REQUEST

REASON:

Date:

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC
METER

BUDDING IDEAS

Date: ____________

EPIC
METER

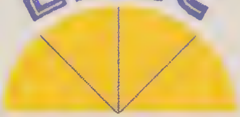
EXPRESS TICKET

To: ____________

A GOOD TIME to Reflect

Date: ________

EPIC



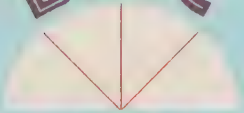
METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

Date: ________

EPIC

METER

GENERAL NOTES

IN HINDSIGHT...

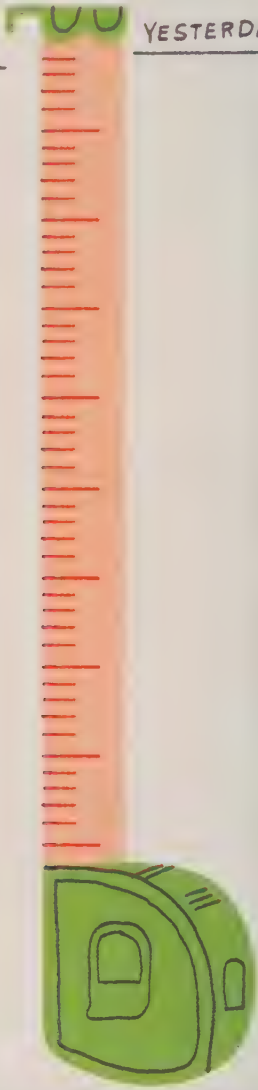
ALL in ALL, A PRETTY EPIC DAY!

CURRENT MOOD

HOW DID TODAY MEASURE UP?

TODAY

YESTERDAY



PRO TIP:

Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

Date: ______

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

EPIC RANT

HOW IS IT POSSIBLE...

Rant Over.

ON SECOND THOUGHT...

CURRENT DAYDREAMS

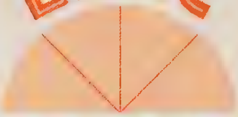
IT HAS BEEN

DAYS SINCE THE LAST HAPPY ACCIDENT.

IT'S *in the* BAG!

Date: ________

EPIC



METER

GENERAL NOTES

IN HINDSIGHT...

ALL *in* ALL, A PRETTY EPIC DAY!

CURRENT OBSESSION

Date: ______

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

CAUTION AHEAD

OVERHEAR anything INTERESTING TODAY?

INTERESTING OBSERVATION

GROUNDBREAKING DISCOVERY

Date: ____________

EPIC METER

Date: ____________

EPIC METER

Date: ________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

Once Upon Today

The End

TODAY'S HEADLINE

EPIC DAILY

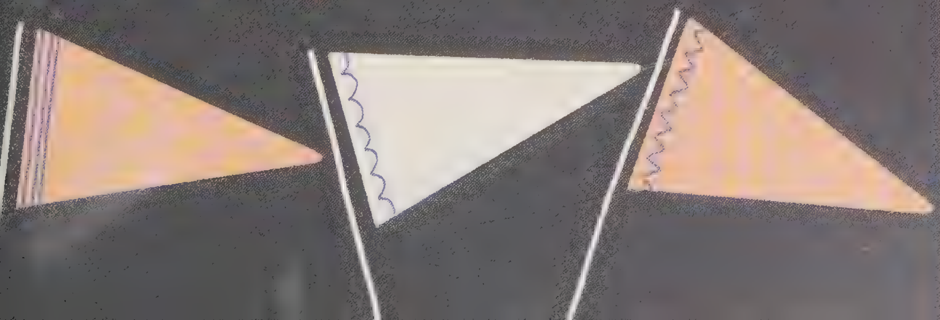
Date: ____________

EPIC METER

GENERAL NOTES

3 WISHES

FRIENDS you're ROOTING for

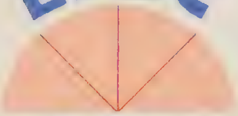


IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

Date: ________

EPIC



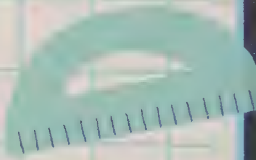
METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

BIG PLANS



WRITE IT DOWN

BEFORE YOU FORGET

LEFTOVER PROBLEMS

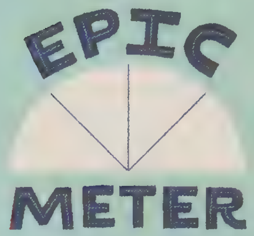
FILL ANY BIG SHOES TODAY?

OR SMELLY SOCKS?

OR COWBOY BOOTS?

OR BARE FEET?

Date: ____________



GENERAL NOTES

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IN HINDSIGHT...

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ALL in ALL,
A PRETTY
EPIC DAY!

Date: ______

EPIC METER

WHAT YOU SAID:

WHAT YOU MEANT TO SAY:

WHAT YOU ACTUALLY wanted TO SAY:

Date: ______

EPIC METER

HIGH NOTES

HARMONY

LOW NOTES

LADDER to SUCCESS

Date: ________

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

Date: ________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

SPECIAL REMINDER

UPON FURTHER INVESTIGATION

SUBJECT:

EXPLANATION

The RESULT

Could this day get any SWEETER?

Sugar

NEEDS ___ more SPOONFULS

Date: ___

EPIC METER

GENERAL NOTES

Random Act of Kindness

CAUSES WORTH ROOTING FOR

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ______

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

EPIC RANT

REALLY?! REALLY.

RANT OVER.

SPECIAL KEEPSAKE

NAME THIS CAT

Date: ________

EPIC METER

GENERAL NOTES

ITEMS THAT ARE STILL LOST

MYSTERIOUSLY MISSING ↗

NEVER LENDING MY STUFF AGAIN...

↖ MISS that ONE...

↖ WHERE COULD IT BE?!

WHY?

HMM...

IN HINDSIGHT...

NOW THAT'S a REASON to CELEBRATE!

ALL in ALL, A PRETTY EPIC DAY!

Date:

EPIC METER

GOALS

Date:

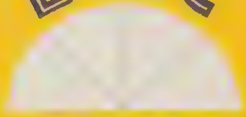
EPIC METER

TODAY'S ODDITIES

Let it SOAK in...

Date: ______

EPIC



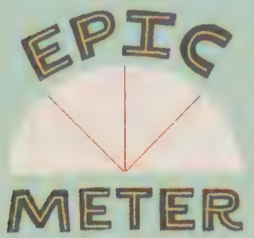
METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________



GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

TODAY'S ACCOMPLISHMENTS

PROBLEM-REPAIR-SHOP QUEUE

Nothing is unfixable!

TRY to WALK in SOMEONE ELSE'S SHOES

Learn anything on the journey?

HOW did TODAY **START?**

HOW did TODAY **END?**

IS EVERYTHING ORGANIZED?

Date:

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ______

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

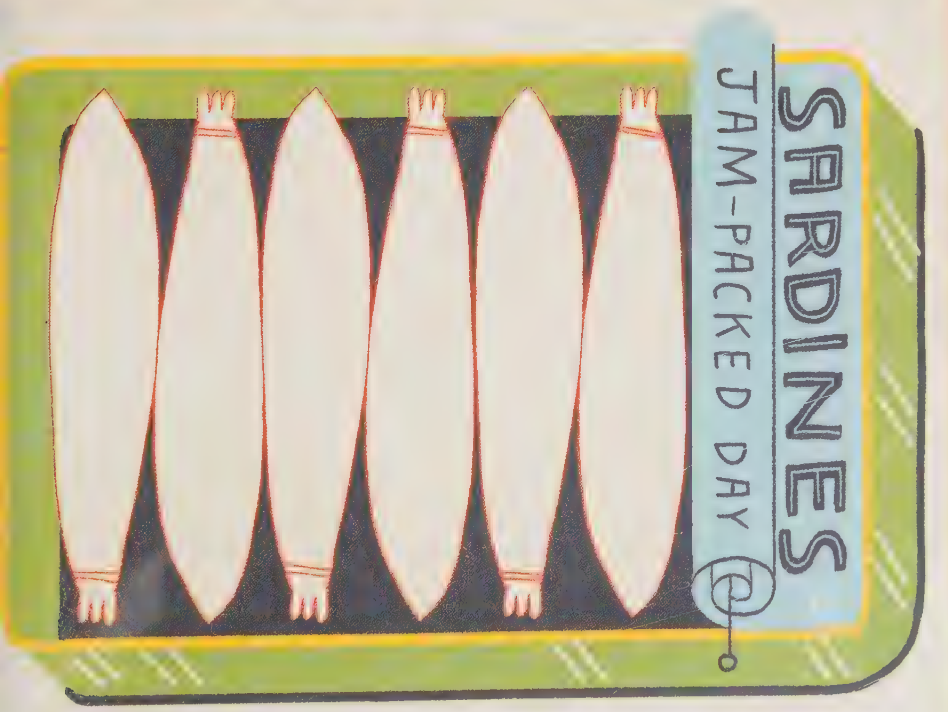
LIE AWAKE THINKING

Fond Memory

TODAY'S LOG

Date: ________

EPIC METER



Date: ________

EPIC METER

Date: ________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

PERFORMANCE RANKING

ROOKIE

NOVICE

EXPERT

VETERAN

GRIZZLED

HATS OFF TO YOU

Today's Specials

YOUR 2¢

Date: ________

EPIC METER

Greetings from...

SUNNY RAINY

BORING EXPENSIVE

WHERE I LEARNED THAT...

EPIC RANT

SING IT!

WORD OF THE DAY

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ________

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

BREAKING NEWS

BULLETIN BOARD

LOST

WANTED

FOUND

TODAY, SUMMED UP IN PANTS

STAINED SWEATPANTS

SENSIBLE SLACKS

Sexy leather pants

MESSAGE to the WORLD!

Date: ____________

EPIC

METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC METER

GENERAL NOTES

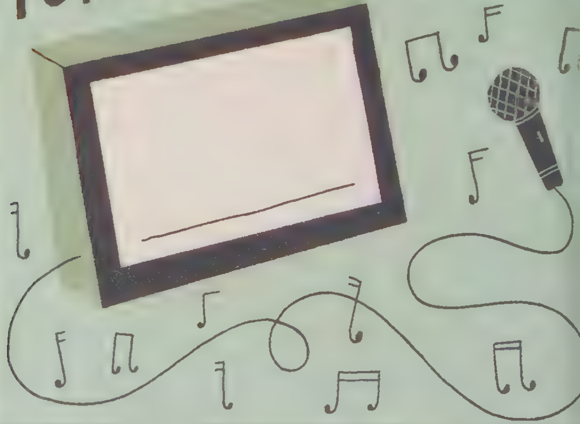
IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

MOOD FORECAST

WORLD'S BEST

CURRENT KARAOKE JAM



TOMORROW'S PREDICTION

WRITE THE FIRST THING THAT POPS INTO YOUR HEAD.

Date: ____________

EPIC

METER

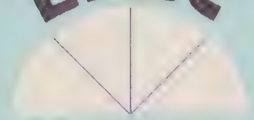
Date: ____________

EPIC

METER

Date: ________

EPIC



METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

VENT HERE

ACCOMPLISHMENTS

MAJOR	MINOR	MEH

HOW CLOSE TO THE TARGET WERE YOU TODAY?

EPIC RANT

EVERYONE SHOULD...

Date: ________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

SPICE up THE DAY!

Date: ______

EPIC

METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

EPIC RANT

Why do we STILL...

RANT OVER.

Date: ____________

ADVICE COLUMN

FEELING STUMPED

IMMENSE PROBLEMS

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ______

EPIC

METER

TODAY'S TAKEAWAY

Date: ______

EPIC

METER

Today's Lesson

TODAY'S

TOP 10

10

9

8

7

6

5

4

3

2

1

PRO TIP:

CURRENT OBSESSION

what are we celebrating?

Date: ________

EPIC METER

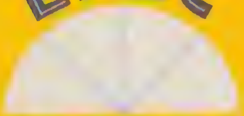
GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ________

EPIC



METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

RETRACE your STEPS

START

7

END

DA BOMB or

BOMBED IT?

CURRENT OBSESSION

BIG Announcement

WAS THE GLASS...

- HALF-FULL?
- HALF-EMPTY?
- OVERFLOWING?
- BONE-DRY?

Date: ________

EPIC

METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ______

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

HIGH POINTS of the DAY vs. LOW POINTS

WHAT WILL GO DOWN IN HISTORY TODAY?

THIS SUCKS

(BUT SOON IT WON'T)

Date: ______

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

CERTIFICATE OF TODAY'S ACCOMPLISHMENTS

Date: ______

EPIC METER

GOALS

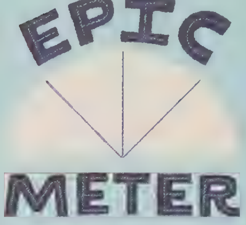
Date: ______

EPIC METER

TODAY'S ODDITIES

A NEW PERSPECTIVE

Date: ____________



GENERAL NOTES

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IN HINDSIGHT...

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ALL in ALL,
A PRETTY
EPIC DAY!

Date: ____________

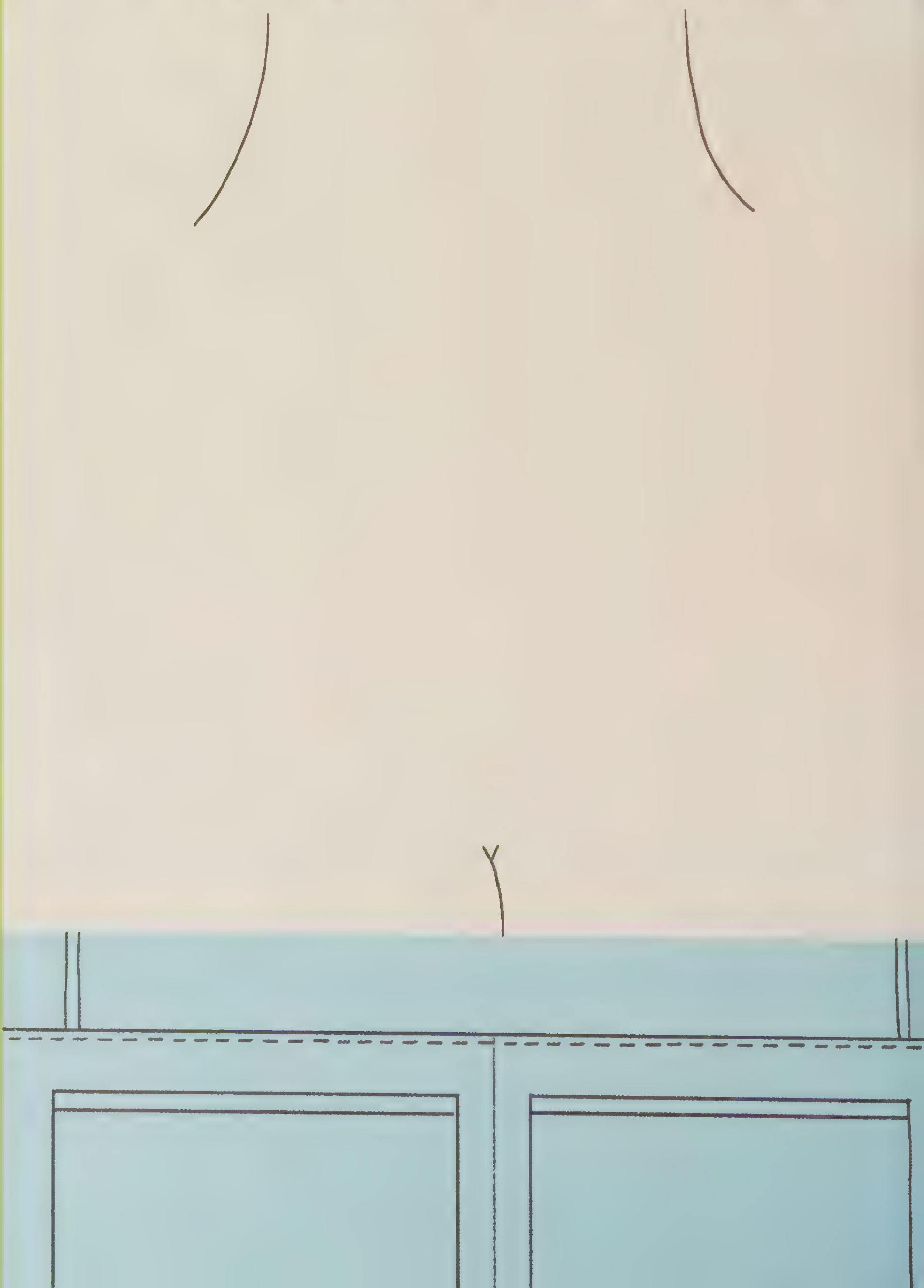
EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

SOMETHING YOU'VE BEEN MEANING TO GET OFF YOUR BACK:



when life hands you LEMONS, turn them INTO...

TODAY COULD'VE USED AN AUTOMATED

01

Where WOULD you HEAD on the OPEN ROAD?

Date: ____________

EPIC

METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ______

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

WISH LIST

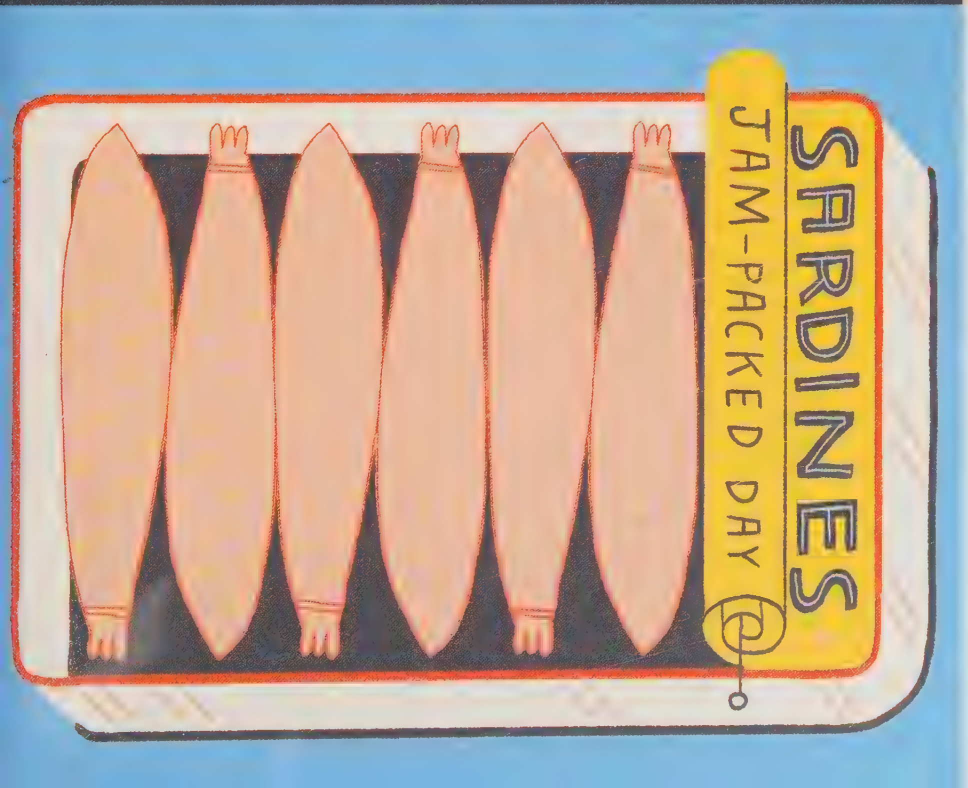
SH*T LIST

WHEN THE PLANETS ALIGN

COUNT YOUR LUCKY STARS

Date: ____________

EPIC
METER


SARDINES
JAM-PACKED DAY

Date: ____________

EPIC
METER

Date: ____________

EPIC

METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

JUST PUTTING THIS OUT THERE...

Date: ______

TODAY'S TOP 10

10

9

8

7

6

5

4

3

2

1

PRO TIP:

CURRENT OBSESSION

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

what are we celebrating?

ALL in ALL, A PRETTY EPIC DAY!

Date:

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

NOTEWORTHY NEWS

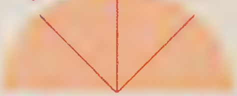
HEY! WHAT'S COOKIN'?

WELL-DONE	HALF-BAKED	OVERDONE

ONCE in a Blue Moon

Date: ________

EPIC



METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

Date: ____________

EPIC

METER

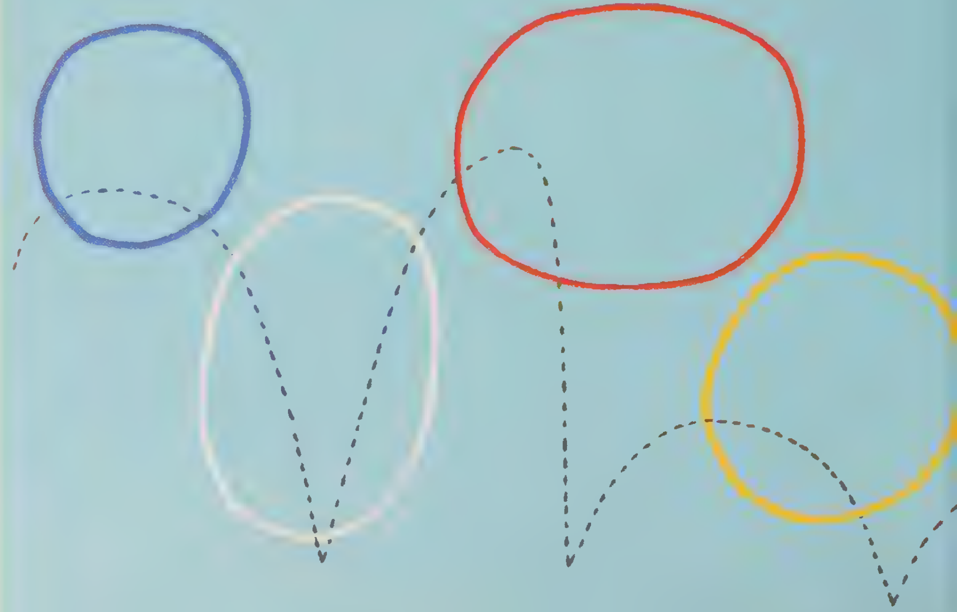
GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

FUTURE BUSINESSES

WHAT HOOPS DID YOU HAVE TO JUMP THROUGH TODAY?



Date: ______

EPIC
METER

EXPRESS TICKET

TO:

Date: ______

EPIC
METER

Date: ________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

WALL of FAME

WALL of SHAME

DEEP THOUGHTS

Date: ________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ____

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

STEPPING STONES

BUILDING BLOCKS

LOOKING FORWARD TO...

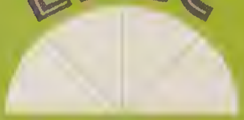
OFFICIA
COUNTDOW

(YOUR MESSAGE HERE)

ORGANIZE YOUR THOUGHTS

Date: ______

EPIC



METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ____________

EPIC METER

SNAP DECISION maker

Date: ____________

EPIC METER

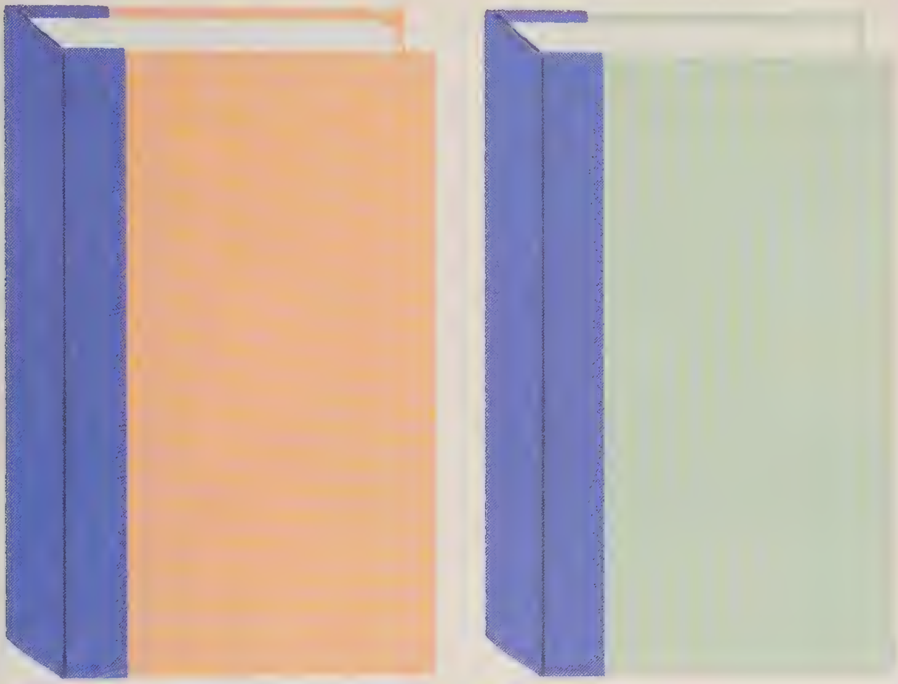
WHERE DID YOU GO?

WHO DID YOU SEE?

WHAT DO YOU KNOW?

The TITLE of TODAY'S BOOK

The TITLE of YESTERDAY'S BOOK



Date: ____________

GENERAL NOTES

____
____
____
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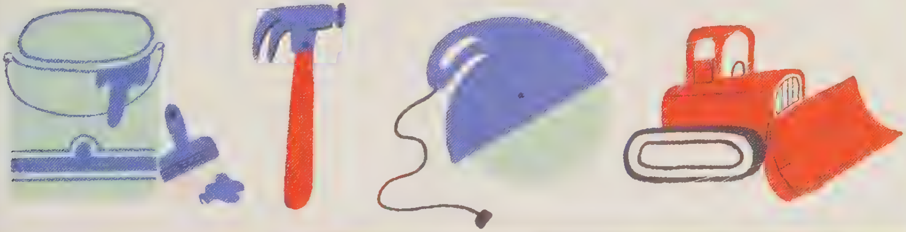
____

WHICH TOOL WILL REPAIR TODAY? (CIRCLE ONE)



IN HINDSIGHT...

____
____
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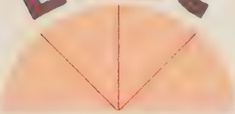
ALL in ALL, A PRETTY EPIC DAY!

Date: ________

EPIC



METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Recipe for SUCCESS

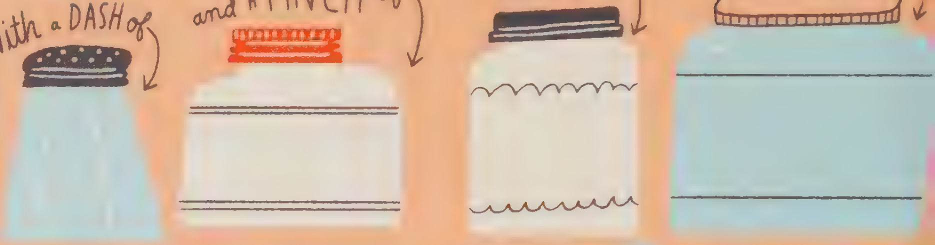
Recipe for DISASTER

With a DASH of

and a PINCH of

ADD a TOUCH of

and TOP with



AIR YOUR GRIEVANCES

LIFE REPORT CARD

A-DOING GREAT	B-NOT BAD	C-NEEDS IMPROVEMENT	D-THAT DIDN'T GO WELL	F-UGHH!!

SUBJECT	GRADE

Extra Credit

Date: ____________

EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL,
A PRETTY
EPIC DAY!

Date: ________

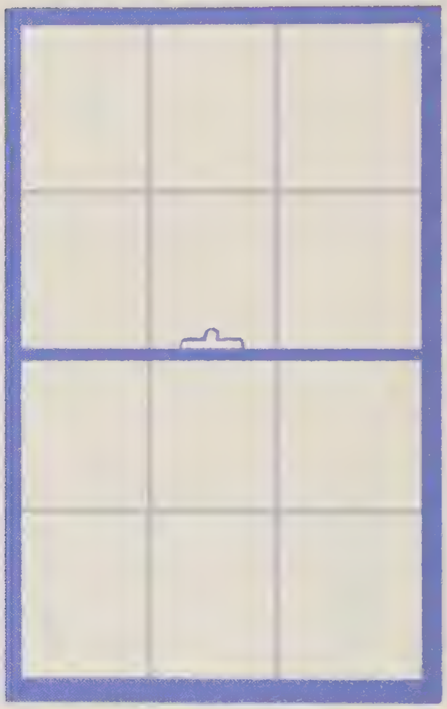
EPIC METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

WINDOWS OF OPPORTUNITY



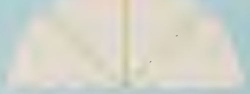
IT WAS THE BEST OF TIMES	IT WAS THE WORST OF TIMES

TODAY'S
GOOD EGGS

TODAY'S
BAD APPLES

Date: ________

EPIC



METER

GENERAL NOTES

IN HINDSIGHT...

ALL in ALL, A PRETTY EPIC DAY!

Date: ______

EPIC

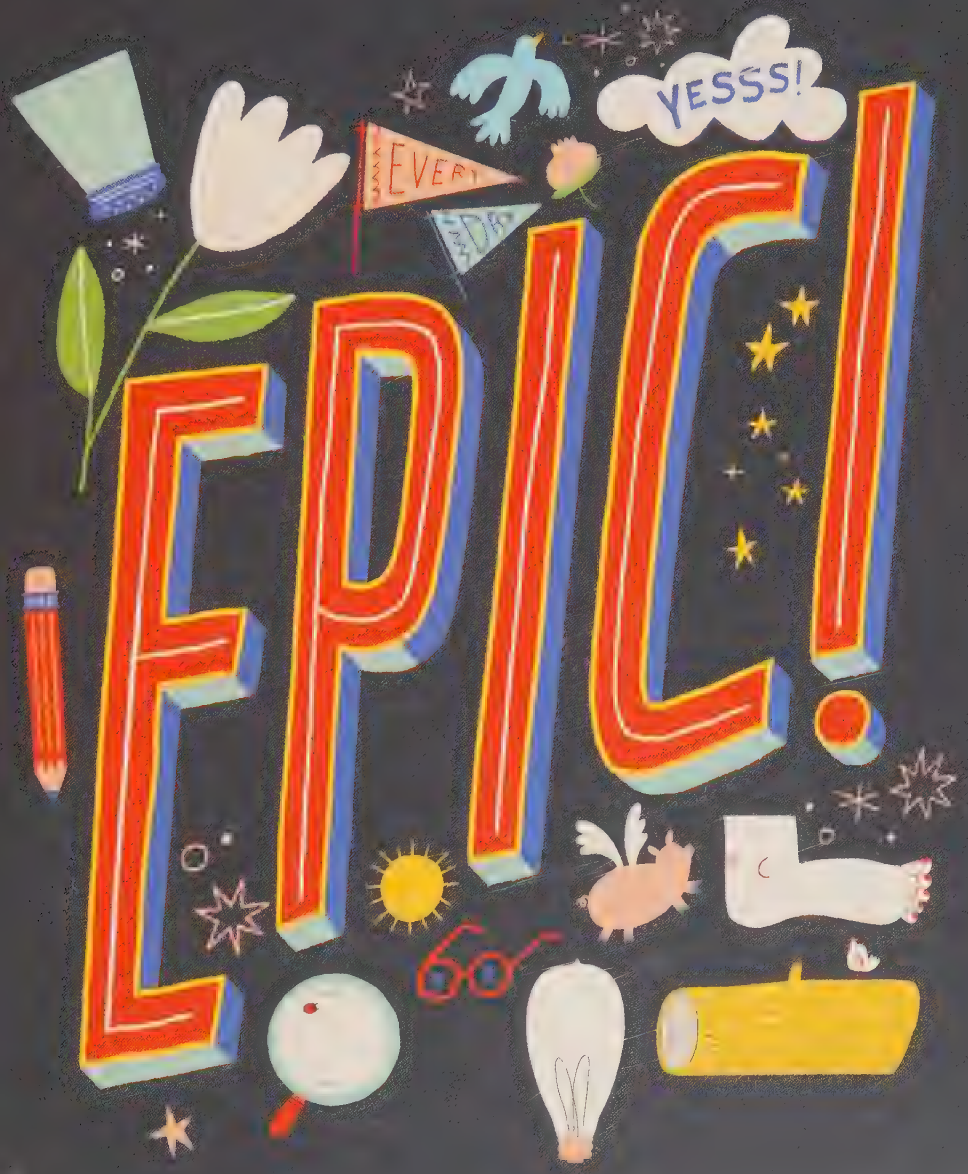
METER

GENERAL NOTES

IN HINDSIGHT...

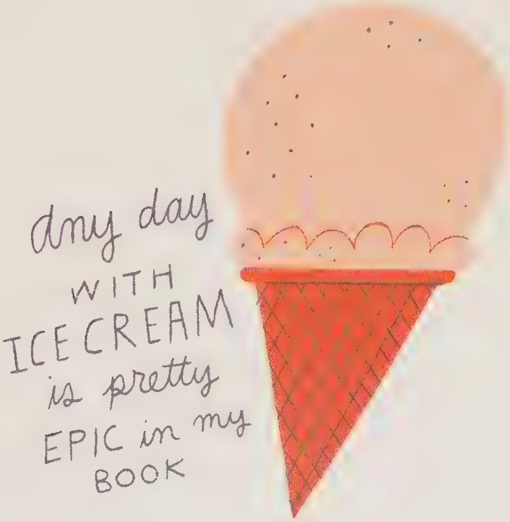
ALL in ALL,
A PRETTY
EPIC DAY!

Let it SOAK in...


YESSS!
EVERY
DAY
EPIC!

ABOUT the AUTHOR

Mary Kate McDevitt is a letterer and illustrator based in Philadelphia, Pennsylvania. When she started her freelance career in 2009, she began hand-lettering the motivational phrases that inspired her to start her online shop, promote her work, and get stuff done. Mary Kate still uses the theme of motivation in her work—and believes that if you draw (or write) it enough, it will come true. When not in her studio, Mary Kate is walking around the city collecting ephemera from thrift shops or redecorating her apartment with her boyfriend and cat, or enjoying a cup of coffee. For more, visit marykatemcdevitt.com.



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Spark daily creativity and self-reflection with a year of inspiring prompts, upbeat affirmations, and interactive doodles. Chronicle big plans and budding ideas. Jot down daydreams or record your mood. Rate the day's accomplishments: major, minor, or meh? High five, low five, or too slow? With quirky humor and vibrant illustrations, every page is a celebration of the adventures, discoveries, and joys that make your life unique—**and totally epic.**

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